

ORARIO

07:00-22:00
08:00-22:00
08:30-09:30
08:30-09:30
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19:00-20:00
19:00-20:00
19:15-20:15
20:00-21:00
20:30-21:30

LUNEDÌ

Sala attrezzi
Functional Training (sala A)
Pilates Terza Età (sala B)
Body Weight (sala A)
Pilates Terza Età (sala B)
EverGreen (sala B)
TRD (sala A)
Functional Training (sala A)
Yoga Pilates (sala B)
Yoga Pilates (sala B)
Karate (sala A)
Karate (sala B)
G.A.G. (sala A)
Metabolic Workout (sala A)
Group Cycling (Outdoor/sala B)
Functional Training (sala A)
Group Cycling (Outdoor/sala B)
Fit boxe (sala A)

MARTEDÌ

Sala attrezzi
Functional Training (sala A)
Stretch & Tone (sala B)
Pilates (sala B)
G.A.G. (sala A)
Indoor Cycling
Fit boxe (sala A)
Ginnastica Ritmica (sala A)
Ginnastica Ritmica (sala A)
Ginnastica Ritmica (sala A)
Pump
Cardio Dance (sala A)
Pilates (sala B)
Flex Zone (sala A)
Pilates (sala B)
Functional Training (sala A)

MERCOLEDÌ

Sala attrezzi
Functional Training (sala A)
Pilates Terza Età (sala B)
Body Weight (sala A)
Pilates Terza Età (sala B)
TRD (sala A)
Functional Training (sala A)
Yoga Pilates (sala B)
Yoga Pilates (sala B)
Ginnastica Correttiva (sala B)
Karate (sala A)
Karate (sala B)
G.A.G. (sala A)
Metabolic Workout (sala A)
Group Cycling (Outdoor/sala B)
Functional Training (sala A)
Group Cycling (Outdoor/sala B)
Fit boxe (sala A)

GIOVEDÌ

Sala attrezzi
Functional Training (sala A)
Stretch & Tone (sala B)
Pilates (sala B)
G.A.G. (sala A)
Indoor Cycling
Fit boxe (sala A)
Ginnastica Ritmica (sala A)
Ginnastica Ritmica (sala A)
Ginnastica Ritmica (sala A)
Tabata (sala A)
Cardio Dance (sala A)
Pilates (sala B)
Flex Zone (sala A)
Pilates (sala B)
Functional Training (sala A)

VENERDÌ

Sala attrezzi
K-Bell Training (sala A)
Pilates Terza Età (sala B)
Core Stability (sala A)
Pilates Terza Età (sala B)
EverGreen (sala B)
TRD (sala A)
Functional Training (sala A)
Yoga Pilates (sala B)
Yoga Pilates (sala B)
Ginnastica Correttiva (sala B)
Karate (sala A)
Karate (sala B)
G.A.G. (sala A)
Metabolic Workout (sala A)
Group Cycling (Outdoor/sala B)
Functional Training (sala A)
Group Cycling (Outdoor/sala B)
Fit boxe (sala A)

SABATO

Sala attrezzi (08:00-20:00)
Pilates (sala B)
Ginnastica Ritmica (sala A)
Cardio Dance (Outdoor)
Flex Tone (sala A)
Fit boxe (sala A)

PLANNING PALESTRA

BASSA INTENSITÀ



MEDIA INTENSITÀ



ALTA INTENSITÀ



● ATTIVITÀ ABBONAMENTO OPEN

È obbligatorio prenotare tutti i corsi (minimo 7 persone) Gli orari delle lezioni potrebbero subire variazioni

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