

ORARIO

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

07:30-22:30	Sala attrezzi ●		Sala attrezzi ●		Sala attrezzi ●	
08:30-22:30		Sala attrezzi ●		Sala attrezzi ●		
08:30-20:00						Sala attrezzi ●
08:30-09:30		Ginnastica Antalgica (Sala 2)		Ginnastica Antalgica (Sala 2)		
09:00-10:00	Body Out (Sala 2) ●		Body Out (Sala 2) ●		Body Out (Sala 2) ●	
10:30-11:30		Total Body Work Out (Sala 2) ●		Total Body Work Out (Sala 2) ●		
13:15-14:00	Functional Training (Sala 2) ●		Functional Training (Sala 2) ●		Functional Training (Sala 2) ●	
13:30-14:30		Fit boxe (Sala 2) ●		Fit boxe (Sala 2) ●		Fit boxe (Sala 2) ●
14:00-14:45	Functional Training (Sala 2) ●		Functional Training (Sala 2) ●		Functional Training (Sala 2) ●	
14:30-15:30		Pilates (Sala 1)		Pilates (Sala 1)		
15:30-16:30	Ginnastica Antalgica (Sala 2)		Ginnastica Antalgica (Sala 2)			
15:30-16:30	Ginnastica Ritmica (Sala 2)		Ginnastica Ritmica (Sala 2)		Ginnastica Ritmica (Sala 2)	
16:00-17:00		Ginnastica Ritmica (Sala 2)		Ginnastica Ritmica (Sala 2)		
16:30-17:30	Ginnastica Posturale (Sala 1)		Ginnastica Posturale (Sala 1)		Ginnastica Posturale (Sala 1)	
16:30-17:30	Ginnastica Ritmica (Sala 2)		Ginnastica Ritmica (Sala 2)		Ginnastica Ritmica (Sala 2)	
17:00-18:00		Karate (Sala 1)		Karate (Sala 1)		
17:30-18:20	Tabata (Sala 2) ●		Jumping (Sala 2) ●		Pump (Sala 2) ●	
17:30-18:30	Pilates (Sala 1)		Pilates (Sala 1)		Pilates (Sala 1)	
17:30-18:30		Total Body Work Out (Sala 2) ●		Total Body Work Out (Sala 2) ●		
18:00-19:00		Karate (Sala 1)		Karate (Sala 1)		
18:20-19:10	Tabata (Sala 2) ●		Jumping (Sala 2) ●		Pump (Sala 2) ●	
18:30-19:30	Pilates (Sala 1)		Pilates (Sala 1)		Pilates (Sala 1)	
19:00-20:00		Functional Training (Sala 1) ●		Functional Training (Sala 1) ●		
19:10-20:10	Flex Zone (Sala 2) ●		Stretch Tone (Sala 2) ●		Flex Zone (Sala 2) ●	
19:30-20:30		Fit boxe (Sala 2) ●		Fit boxe (Sala 2) ●		
20:00-21:00		Surf Training (Sala 1)		Surf Training (Sala 1)		
20:10-21:10	Flex Zone (Sala 1) ●		Stretch Tone (Sala 1) ●		Flex Zone (Sala 1) ●	
20:15-21:15	Functional Training (Sala 2) ●		Functional Training (Sala 2) ●		Functional Training (Sala 2) ●	

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