

ORARIO

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

07:00-22:00	Sala attrezzi	
08:00-20:00		
08:30-09:30	Functional Training (sala A)	
08:30-09:30		
09:00-10:00	Pilates Terza Età (sala B)	
09:30-10:30		
09:30-10:30		
10:00-11:00	Pilates Terza Età (sala B)	
10:30-11:30		
11:00-12:00	EverGreen (sala B)	
11:30-12:30	TRD (sala A)	
12:00-13:00		
12:30-13:30	Yoga Pilates (sala B)	
13:30-14:30	Functional Training (sala A)	
13:30-14:30	Yoga Pilates (sala B)	
14:00-15:00		
14:30-15:30	Yoga Pilates (sala B)	
15:00-16:00	Ginnastica Ritmica (location esterna)	
16:00-17:00		
17:00-18:00		
17:00-18:00	ABS Gluteo (sala A)	
18:00-19:00	Metabolic Workout (sala A)	
18:00-19:00	Group Cycling (Outdoor/sala B)	
19:00-20:00	Functional Training (sala A)	
19:00-20:00		
19:15-20:15	Group Cycling (Outdoor/sala B)	
20:00-21:00		
20:00-21:00		
20:30-21:30	Fit boxe (sala A)	

Sala attrezzi	
Functional Training (sala A)	
Stretch & Tone (sala B)	
Pilates (sala B)	
ABS Gluteo (sala A)	
Indoor Cycling	
Fit boxe (sala A)	
Karate (sala A)	
Karate (sala B)	
Pump	
Cardio Dance (sala A)	
Pilates (sala B)	
Flex Zone (sala A)	
Pilates (sala B)	
Rigenera T.I.B. (sala B)	
Functional Training (sala A)	

Sala attrezzi	
Functional Training (sala A)	
Pilates Terza Età (sala B)	
Pilates Terza Età (sala B)	
TRD (sala A)	
Yoga Pilates (sala B)	
Functional Training (sala A)	
Yoga Pilates (sala B)	
Yoga Pilates (sala B)	
Ginnastica Ritmica (sala A)	
Ginnastica Ritmica (sala B)	
ABS Gluteo (sala A)	
Metabolic Workout (sala A)	
Group Cycling (Outdoor/sala B)	
Functional Training (sala A)	
Group Cycling (Outdoor/sala B)	
Fit boxe (sala A)	

Sala attrezzi	
Functional Training (sala A)	
Stretch & Tone (sala B)	
Pilates (sala B)	
ABS Gluteo (sala A)	
Indoor Cycling	
Fit boxe (sala A)	
Karate (sala A)	
Karate (sala B)	
Tabata (sala A)	
Cardio Dance (sala A)	
Pilates (sala B)	
Flex Zone (sala A)	
Pilates (sala B)	
Rigenera T.I.B. (sala B)	
Functional Training (sala A)	

Sala attrezzi	
K-Bell Traning (sala A)	
Pilates Terza Età (sala B)	
Pilates Terza Età (sala B)	
EverGreen (sala B)	
TRD (sala A)	
Yoga Pilates (sala B)	
Functional Training (sala A)	
Yoga Pilates (sala B)	
Yoga Pilates (sala B)	
Ginnastica Ritmica (sala A)	
Ginnastica Ritmica (sala B)	
ABS Gluteo (sala A)	
Metabolic Workout (sala A)	
Group Cycling (Outdoor/sala B)	
Functional Training (sala A)	
Group Cycling (Outdoor/sala B)	
Fit boxe (sala A)	

Sala attrezzi	
Stretch & Tone (sala B)	
Pilates (sala B)	
Cardio Dance (Outdoor)	
Flex Tone (sala A)	
Fit boxe (sala A)	

Via Torino, 73 Catania
 Tel 095 83 62 052
 095 83 61 652
 altairnuoto@altairclub.it
 www.altairclub.it



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

