

# ORARIO

## LUNEDÌ

07:00-22:00	Sala attrezzi	●
08:00-20:00		
08:30-09:30	Functional Training (sala A)	●
08:30-09:30		
09:30-10:30	Pilates Terza Età (sala B)	
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	ABS Gluteo (sala A)	●
17:00-18:00	Group Cycling (Outdoor/sala C)	●
18:00-19:00	Metabolic Workout (sala A)	●
18:00-19:00		
18:15-19:15	Group Cycling (Outdoor/sala C)	●
19:00-20:00		
19:00-20:00	Functional Training (sala A)	●
19:00-20:00		
19:30-20:30	Group Cycling (Outdoor/sala C)	●
20:00-21:00		
20:00-21:00		
20:30-21:30	Fit boxe (sala A)	●

## MARTEDÌ

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

## MERCOLEDÌ

Sala attrezzi	●
Functional Training (sala A)	●
Pilates Terza Età (sala B)	
Danza Aerea (sala A)	
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)	●
Group Cycling (Outdoor/sala C)	●
Metabolic Workout (sala A)	●
Group Cycling (Outdoor/sala C)	●
Functional Training (sala A)	●
Group Cycling (Outdoor/sala C)	●
Fit boxe (sala A)	●

## GIOVEDÌ

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

## VENERDÌ

Sala attrezzi	●
K-Bell Training (sala A)	●
Pilates Terza Età (sala B)	
Danza Aerea (sala A)	
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)	●
Group Cycling (Outdoor/sala C)	●
Metabolic Workout (sala A)	●
Group Cycling (Outdoor/sala C)	●
Functional Training (sala A)	●
Group Cycling (Outdoor/sala C)	●
Fit boxe (sala A)	●

## SABATO

Sala attrezzi	●
Stretch & Tone (sala B)	●
Pilates (sala B)	
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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