Orario in vigore da **Lunedì 26 Settembre 2022**

Aspiration Map >>> BALANCE FUN MOVE POWER SHAPE SPORT

LUNEDÌ

ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30		ADDOMINALI 7.30 - 8.00		
7.45				
8.00		SKILL ATHLETIC 8.00 - 8.45		ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.15				
8.30				
8.45				
9.00	TOTAL BODY 9.00 - 9.45	CAMMINO E MOBILITÀ 9.00 - 9.45	WALKING 9.00 - 9.45	
9.15				
9.30				ACQUA GYM 09.30 - 10.15
9.45				
10.00	PILATES 10.00 - 10.45			
10.15				
10.30				ACQUA GYM 10.30 - 11.15
10.45				
11.00	FUNCTIONAL BARRE 11.00 - 11.45			
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00		EGO CARDIO & CORE 13.00 - 13.30		
13.15				
13.30	TOTAL BODY 13.30 - 14.15	SKILL ATHLETIC 13.30 - 14.15	EGO CYCLING 13.30 - 14.15	ACQUA ATHLETIC 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				ACQUA HIT 30 14.30 - 15.00
14.45				
15.00				ACQUA WELLNESS CIRCUIT 15.00 - 16.00
15.15				
15.30				
15.45			GROUP CYCLING 19.30 - 20.30	
16.00	PILATES 16.00 - 16.45			ACQUA JUMP 16.00 - 16.45
16.15				
16.30				
16.45				
17.00	YOGA 17.00 - 17.45	EGO CARDIO & CORE 17.00 - 17.30		ACQUA WELLNESS CIRCUIT 17.00 - 18.00
17.15				
17.30		EGO FORZA 30 17.30 - 18.00	GROUP CYCLING 17.30 - 18.30	
17.45				
18.00	BODY TONIC 18.00 - 18.45	SKILL ATHLETIC 18.00 - 18.45		ACQUA TRAINING 18.00 - 18.45
18.15				
18.30			WELCOME TO CYCLE 18.30 - 19.00	
18.45	CALISTHENICS 18.30 - 19.15	EGO MOBILITY & CORE 18.45 - 19.15		
19.00			NY CYCLE 19.00 - 19.30	
19.15	EGO PUMP 19.00 - 19.45	CROSS EGO 19.15 - 20.00		ACQUA TRAINING 19.00 - 19.45
19.30				
19.45			GROUP CYCLING 19.45 - 20.45	
20.00		CROSS EGO 20.00 - 20.45		ACQUA TRAINING 20.00 - 20.45
20.15				
20.30				
20.45				
21.00				
21.15				
21.30				

MARTEDÌ

ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30				ACQUA HIT 30 7.30 - 8.00
7.45				
8.00				ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.15				
8.30	YOGA 8.30 - 9.15			
8.45			EGO CYCLING 8.45 - 9.30	
9.00				ACQUA ANTALGICA 9.00 - 9.45
9.15				
9.30	PILATES 9.30 - 10.15			
9.45				
10.00		SKILL ATHLETIC 10.00 - 10.45		ACQUA FLUID 10.00 - 10.45
10.15				
10.30	PILATES 10.30 - 11.15			
10.45				
11.00				ACQUA FLUID 11.00 - 11.45
11.15				
11.30				
11.45				ACQUA WELLNESS CIRCUIT 11.45 - 12.45
12.00				
12.15				
12.30				
12.45				
13.00	ADDOMINALI 13.00 - 13.30			
13.15				
13.30	EGO PUMP 13.30 - 14.15	CROSS EGO 13.30 - 14.15	WALKING 13.30 - 14.15	ACQUA JUMP 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				
14.45				
15.00	POWER YOGA 15.00 - 15.45			ACQUA JUMP 15.00 - 15.45
15.15				
15.30				
15.45				
16.00				ACQUA WELLNESS CIRCUIT 16.00 - 17.00
16.15				
16.30	ADDOMINALI 16.30 - 17.00			
16.45				
17.00	BODY TONIC 17.00 - 17.45			
17.15				
17.30		FUNCTIONAL CIRCUIT 17.30 - 18.00	WALKING 17.30 - 18.15	IDROBIKE 17.30 - 18.15
17.45				
18.00	EGO PUMP 18.00 - 18.45	CROSS EGO 18.00 - 18.45		
18.15				
18.30				ACQUA WELLNESS CIRCUIT 18.30 - 19.30
18.45		EGO FORZA 30 18.45 - 19.15	WALKING 18.45 - 19.30	
19.00	GAG 19.00 - 19.45			
19.15				
19.30		SKILL ATHLETIC 19.30 - 20.15		IDROBIKE 19.30 - 20.15
19.45				
20.00	PILATES 20.00 - 20.45		GROUP CYCLING 20.00 - 21.00	
20.15				
20.30				CORSO DI NUOTO 20.30 - 21.15
20.45				
21.00				
21.15				
21.30				

MERCOLEDÌ

ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30		ADDOMINALI 7.30 - 8.00		
7.45				
8.00		SKILL ATHLETIC 8.00 - 8.45		ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.15				
8.30				
8.45				
9.00	AFRO FIT 9.00 - 9.45	CAMMINO E MOBILITÀ 9.00 - 9.45	WALKING 9.00 - 9.45	
9.15				
9.30				ACQUA GYM 9.30 - 10.15
9.45				
10.00	PILATES 10.00 - 10.45		WELCOME TO CYCLE 10.00 - 10.30	
10.15				
10.30			GROUP CYCLING 10.30 - 11.30	ACQUA GYM 10.30 - 11.15
10.45				
11.00	FUNCTIONAL BARRÈ 11.00 - 11.45			
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00		EGO MOBILITY & CORE 13.00 - 13.30		
13.15				
13.30		SKILL ATHLETIC 13.30 - 14.15	GROUP CYCLING 13.30 - 14.30	ACQUA GAG 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				
14.45				
15.00	FUNCTIONAL BARRÈ 15.00 - 15.45			ACQUA WELLNESS CIRCUIT 15.00 - 16.00
15.15				
15.30				
15.45				
16.00	YOGA 16.00 - 16.45			ACQUA GYM 16.00 - 16.45
16.15				
16.30				
16.45				
17.00	ZUMBA 17.00 - 17.45			ACQUA FLUID 17.00 - 17.45
17.15				
17.30		EGO FORZA 30 17.30 - 18.00	GROUP CYCLING 17.30 - 18.30	
17.45				
18.00	BODY TONIC 18.00 - 18.45	CROSS EGO 18.00 - 18.45		ACQUA JUMP 18.00 - 18.45
18.15				
18.30		FUNCTIONAL CIRCUIT 18.45 - 19.15		
18.45	CALISTHENICS 18.30 - 19.15		NY CYCLE 19.00 - 19.45	
19.00				
19.15		SKILL ATHLETIC 19.15 - 20.00		ACQUA JUMP 19.00 - 19.45
19.30				
19.45				
20.00		SKILL ATHLETIC 20.00 - 20.45	GROUP CYCLING 20.00 - 21.00	
20.15				ACQUA JUMP 20.00 - 20 .45
20.30				
20.45				
21.00				
21.15				
21.30				

GIOVEDÌ

ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30	TAI CHI 7.30 - 8.15			ACQUA HIT 30 7.30 - 8.00
7.45				
8.00				ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.15				
8.30	YOGA 8.30 - 9.15			
8.45			EGO CYCLING 8.45 - 9.30	
9.00				ACQUA ANTALGICA 9.00 - 9.45
9.15				
9.30	PILATES 9.30 - 10.15			
9.45				
10.00		SKILL ATHLETIC 10.00 - 10.45		ACQUA FLUID 10.00 - 10.45
10.15				
10.30	PILATES 10.30 - 11.15			
10.45				
11.00				ACQUA FLUID 11.00 - 11.45
11.15				
11.30				
11.45				ACQUA WELLNESS CIRCUIT 11.45 - 12.45
12.00				
12.15				
12.30				
12.45				
13.00	ADDOMINALI 13.00 - 13.30			
13.15				
13.30	EGO PUMP 13.30 - 14.15	CROSS EGO 13.30 - 14.15		IDROBIKE 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				
14.45				
15.00		POWER YOGA 15.00 - 15.45		IDROBIKE 15.00 - 15.45
15.15				
15.30				
15.45				
16.00				ACQUA WELLNESS CIRCUIT 16.00 - 17.00
16.15				
16.30				
16.45				
17.00	BODY TONIC 17.00 - 17.45			
17.15				
17.30		FUNCTIONAL CIRCUIT 17.30 - 18.00	WALKING 17.30 - 18.15	ACQUA JUMP 17.30 - 18.15
17.45				
18.00	EGO PUMP 18.00 - 18.45	SKILL ATHLETIC 18.00 - 18.45		
18.15				
18.30				ACQUA WELLNESS CIRCUIT 18.30 - 19.30
18.45	GAG 19.00 - 19.45	EGO FORZA 30 18.45 - 19.15	WALKING 18.45 - 19.30	
19.00				
19.15	ZUMBA 19.00 - 19.45			
19.30		CROSS EGO 19.30 - 20.15		ACQUA GAG 19.30 - 20.15
19.45				
20.00	PILATES 20.00 - 20.45		GROUP CYCLING 20.00 - 21.00	
20.15				
20.30				
20.45				
21.00				
21.15				
21.30				

VENERDÌ

ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15			GROUP CYCLING 7.15 - 8.00	
7.30				
7.45		FUNCTIONAL TRAINING 7.45 - 8.30		
8.00	POWER YOGA 8.00 - 8.45			
8.15				
8.30				IDROBIKE 8.30 - 9.15
8.45			GROUP CYCLING 8.45 - 9.45	
9.00	TOTAL BODY 9.00 - 9.45			
9.15				
9.30				IDROBIKE 9.30 - 10.15
9.45				
10.00	PILATES 10.00 - 10.45			
10.15				
10.30				BIKE CIRCUIT 10.30 - 11.15
10.45				
11.00	FUNCTIONAL BARRÈ 11.00 - 11.45			
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00		EGO CARDIO & CORE 13.00 - 13.30		
13.15				
13.30	TOTAL BODY 13.30 - 14.15	SKILL ATHLETIC 13.30 - 14.15		ACQUA TRAINING 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				ACQUA HIT 30 14.30 - 15.00
14.45				
15.00				ACQUA WELLNESS CIRCUIT 15.00 - 16.00
15.15				
15.30				
15.45				
16.00	YOGA 16.00 - 16.45			ACQUA TRAINING 16.00 - 16.45
16.15				
16.30				
16.45				
17.00	PILATES 17.00 - 17.45	EGO CARDIO & CORE 17.00 - 17.30		ACQUA FLUID 17.00 - 17.45
17.15				
17.30		EGO FORZA 30 17.30 - 18.00		
17.45				
18.00	BODY TONIC 18.00 - 18.45	SKILL ATHLETIC 18.00 - 18.45		IDROBIKE 18.00 - 18.45
18.15				
18.30				
18.45		EGO MOBILITY & CORE 18.45 - 19.15	WELCOME TO CYCLE 19.00 - 19.30	
19.00	CALISTHENICS 19.00 - 19.45			IDROBIKE 19.00 - 19.45
19.15		CROSS EGO 19.15 - 20.00		
19.30				
19.45			GROUP CYCLING 19.45 - 20.45	
20.00				CORSO DI NUOTO 20.00 - 20.45
20.15				
20.30				
20.45				
21.00				
21.15				
21.30				

AVVISO

Quando le condizioni meteo ce lo permetteranno, continueremo a viverci il nostro bellissimo **EgoPark**, *perciò ricordati di portare con te anche adeguato* **abbigliamento Outdoor** *nella borsa.*

SABATO

STUDIO 2	OUTDOOR	PISCINA
FUNCTIONAL TRAINING 11.00 - 11.45	YOGA 9.00 - 9.45	ACQUA WELLNESS CIRCUIT 8.30 - 9.30
CARDIO STUDIO	PILATES 10.00 - 10.45	ACQUA GYM 11.00 - 11.45
GROUP CYCLING 10.00 - 11.00	NORDIC WALKING 11.00 - 11.45	ACQUA GYM 13.30 - 14.15
GROUP CYCLING 13.30 - 14.30	GAG 15.00 - 15.45	ACQUA GYM 15.30 - 16.15
	TOTAL BODY 16.00 - 16.45	

DOMENICA

STUDIO 2	OUTDOOR	PISCINA
	PILATES 9.00 - 9.45	ACQUA WELLNESS CIRCUIT 9.30 - 10.30
CARDIO STUDIO	TOTAL BODY 10.00 - 10.45	ACQUA GYM 11.00 - 11.45
GROUP CYCLING 10.00 - 11.00	BOOTCAMP 11.00 - 11.45	ACQUA GYM 13.30 - 14.15

FAMILY MOMENTS

L'accesso alla piscina, ai minori di 14 anni (accompagnati da un adulto che ne è responsabile), è consentito nei seguenti giorni e orari:

sabato 16.30-18.30 e domenica 14.30-17.30