

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
M A T T I N A							
SALA 1 BIG	07:15/08:15 Hatha Yoga			07:15/08:15 Hatha Yoga			
	9:45/10:45 Matwork Pilates	9:45/10:45 Ginnastica Posturale	9:45/10:45 Matwork Pilates	9:45/10:45 Ginnastica Posturale	9:45/10:45 Ginnastica Dolce	11:15/12:00 Corso a rotazione	
	10:45/11:45 Upper Body – G.A.G.	10:50/11:35 WBS(Novità)dal 1/10	10:50/11:40 Easy Gym	10:50/11:35 WBS(Novità)dal 1/10			
SALA 2 SMALL							
PISCINA		10:45/11:30 AcquaGYM		10:45/11:30 AcquaGYM			10:30/11:15 AcquaGYM
P A U S A P R A N Z O							
SALA 1 BIG	12:50/13:35 Cross Time	12:50/13:35 Fitboxe	12:50/13:35 Cross Time	12:50/13:35 Athletic Training			
SALA 2 SMALL		12:50/13:50 <i>Cycling *</i>	12:50/13:35 WBS(Novità)dal 1/10	13:00/14:00 <i>Cycling *</i>	12:50/13:35 Jump FIT *		
PISCINA	12:50/13:35 HydroBike *	13:30/14:15 AcquaGYM	12:50/14:20 AcquaGYM	12:50/13:35 HydroBike *	12:50/14:20 AcquaGYM		
S E R A							
SALA 1 BIG	18:20/19:10 Fitboxe		18:20/19:10 Insanity				*CORSI A PRENOTAZIONE
	19:15/20:05 Insanity	19:15/20:00 Total Body	19:15/20:05 Fitboxe	18:45/19:30 Step and Tone	18:30/19:15 Functional Training		
	20:15/21:15 Difesa Personale CKM KRAV MAGA (Novità)	20:00/20:45 Cardio G.A.G.	20:15/21:15 Difesa Personale CKM KRAV MAGA (Novità)	19:40/20:20 WBS(Novità)dal 1/10	19:45/21:00 <i>Hatha Yoga *</i>		
SALA 2 SMALL	18:25/19:10 Jump FIT *	18:10/19:00 Matwork Pilates	18:25/19:10 Jump FIT *	18:10/19:00 Matwork Pilates		N.B. DAL 27/08/18 I CORSI POTRANNO ESSERE PRENOTATI SOLO TRAMITE IL SITO WWW.OMNIACLUB.IT OPPURE UTILIZZANDO IL PC COLLOCATO DIETRO LA RECEPTION	
	19:15/20:00 Rock Pound (Novità) dal 1/10	19:00/20:00 <i>Kick Boxing *</i>		19:00/20:00 <i>Kick Boxing *</i>	19 :00/20:00 <i>Cycling *</i>		
	20 :10/21:10 <i>Cycling *</i>	20:15/21:30 <i>Hatha Yoga *</i>	19:45/20:45 <i>Cycling *</i>	20 :10/21:10 <i>Cycling *</i>			
PISCINA	19:15/20:00 AcquaGYM	19:15/20:00 AcquaGYM	19:15/20:00 Acqua Strong	19:15/20:00 AcquaGYM			
<p style="text-align: center;"> LEGEN TONE BODY AND MYND ACQUA GYM MARZIALI CYCL </p>							