

QUANTA CLUB CORSI FITNESS

STAGIONE SPORTIVA 2019-20



| LUNEDÌ | | | | |
|--------|-------|-----------------|------------|---------|
| 10.00 | 10.45 | Vitality | Alessandra | Sala 1 |
| 10.45 | 11.30 | Total Body | Alessandra | Sala 1 |
| 10.45 | 12.15 | Yoga | Davide | Sala 2 |
| 11.30 | 12.15 | Country Fitness | Franco | Sala 3 |
| 12.15 | 13.00 | Tone & Stretch | Franco | Sala 1 |
| 13.15 | 14.00 | Aqua Power | Alessia | Piscina |
| 13.05 | 13.50 | Strong | Franco | Sala 3 |
| 17.45 | 18.30 | Cardio & Core | Alessia | Sala 1 |
| 18.30 | 19.15 | Power Tone | Alessia | Sala 1 |
| 19.00 | 19.45 | Aqua Gag | Lucia | Piscina |
| 19.00 | 20.00 | Yoga | Davide | Sala 2 |
| 19.15 | 20.15 | Tabata Plus | Alessia | Sala 1 |

| MARTEDÌ | | | | |
|---------|-------|-------------------|--------------|---------|
| 10.30 | 11.15 | Ginnastica dolce | Samantha | Sala 1 |
| 11.15 | 12.00 | Dance & Tone | Samantha | Sala 1 |
| 13.05 | 13.50 | Total Body | Annalisa | Sala 1 |
| 15.00 | 15.45 | Aqua Slim | Annalisa | Piscina |
| 18.00 | 19.00 | Postural Training | Luca | Sala 2 |
| 19.15 | 20.15 | Group Cycling* | Luca | Sala 2 |
| 19.00 | 19.45 | Strong | Alessandro N | Sala 1 |
| 19.45 | 20.30 | Zumba | Alessandro N | Sala 1 |

| MERCOLEDÌ | | | | |
|-----------|-------|-----------------|--------|---------|
| 10.00 | 10.45 | Total Body | Franco | Sala 1 |
| 11.00 | 12.00 | Yoga | Davide | Sala 2 |
| 11.00 | 11.45 | Aqua Tone | Franco | Piscina |
| 12.15 | 13.00 | Tone & Stretch | Franco | Sala 2 |
| 13.05 | 13.50 | Zumba | Franco | Sala 2 |
| 19.00 | 20.00 | Yoga | Davide | Sala 2 |
| 19.00 | 19.45 | Power Tone | Paola | Sala 1 |
| 19.45 | 20.30 | Matwork Pilates | Paola | Sala 1 |

| GIOVEDÌ | | | | |
|---------|-------|-------------------|------------|---------|
| 10.30 | 11.15 | Ginnastica Dolce | Alessandra | Sala1 |
| 11.15 | 12.00 | Cardio Step | Alessandra | Sala1 |
| 12.00 | 12.30 | Crunch & Core | Alessandra | Sala 1 |
| 13.00 | 13.45 | Aqua Power | Lucia | Piscina |
| 13.00 | 14.00 | Yoga | Davide | Sala1 |
| 18.00 | 19.00 | Postural Training | Luca | Sala 2 |
| 19.00 | 19.45 | Aqua Circuit | Franco | Piscina |
| 19.15 | 20.15 | Group Cycling* | Luca | Sala 2 |

| VENERDÌ | | | | |
|---------|-------|-------------------|--------------|---------|
| 10.00 | 10.45 | Total Body | Annalisa | Sala 2 |
| 10.50 | 11.50 | Yoga | Davide | Sala1 |
| 11.00 | 11.45 | Aqua Tone | Annalisa | Piscina |
| 12.15 | 13.00 | Matwork Pilates | Annalisa | Sala 1 |
| 13.05 | 13.50 | Pilates | Annalisa | Sala 1 |
| 15.00 | 15.45 | Aqua Slim | Lucia | Piscina |
| 17.30 | 18.30 | Yoga | Davide | Sala 2 |
| 18.30 | 19.15 | Fitboxe | Alessandra | Sala1 |
| 19.15 | 20.00 | Total Pump | Alessandra | Sala1 |
| 19.00 | 19.45 | Interval Training | Alessandro F | Sala 2 |
| 19.45 | 20.30 | Crunch | Alessandro F | Sala 2 |

| SABATO | | | | |
|--------|-------|----------------|--------|---------|
| 11.00 | 11.45 | Pound | Franco | Sala 2 |
| 11.45 | 12.30 | Tone & Stretch | Franco | Sala 2 |
| 13.00 | 13.45 | Aqua Power | Franco | Piscina |

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|--|----------------------------|
| | Lezione soft |
| | Lezione di media intensità |
| | Lezione intensa |
| | Aqua Gym |

* Su prenotazione: groupcycling@quantaclub.com

Le lezioni potranno subire variazioni