

# ORARIO

07:00-22:00  
08:00-20:00  
08:30-09:30  
08:30-09:30  
09:30-10:30  
10:30-11:30  
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19:00-20:00  
19:00-20:00  
19:30-20:30  
20:00-21:00  
20:30-21:30

# LUNEDÌ

Sala attrezzi ●  
Functional Training (sala A) ●  
Pilates Terza Età (sala A)  
EverGreen (sala B) ●  
TRD (sala A) ●  
Yoga Pilates (sala B)  
Functional Training (sala A) ●  
Yoga Pilates (sala B)  
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) ●  
Flex Ability (sala B) ●  
Group Cycling (Outdoor/sala C) ●  
Functional Training (sala A) ●  
Group Cycling (Outdoor/sala C) ●  
Fit boxe (sala A) ●

# MARTEDÌ

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

# MERCOLEDÌ

Sala attrezzi ●  
Functional Training (sala A) ●  
Danza Aerea (sala A)  
Pilates Terza Età (sala A)  
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) ●  
Flex Ability (sala B) ●  
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 A)  
ABS Gluteo (sala C) ●  
TRX (sala A) ●  
Group Cycling (Outdoor/sala C) ●  
Fit boxe (sala A) ●  
Karate (sala A)  
Pump (sala A) ●  
Karate (sala B)  
Fit boxe (sala A) ●  
Pilates (sala B)  
Cardio Dance (sala C) ●  
Flex Zone (sala A) ●  
Pilates (sala B)  
Fit Dance (sala C) ●  
Danza Aerea (sala A)  
Fit boxe (sala A) ●

# VENERDÌ

Sala attrezzi ●  
K-Bell Training (sala A) ●  
Danza Aerea (sala A)  
Pilates Terza Età (sala A)  
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) ●  
Flex Ability (sala B) ●  
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 A)  
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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