

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		
09:30-10:30		
10:00-11:00	Pilates Terza Età (sala A)	
10:30-11:30		
11:30-12:30	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)	
16:00-17:00	Ginnastica Ritmica (sala A)	
16:50-17:50		
17:00-18:00	Ginnastica Ritmica (sala B)	
17:00-18:00	ABS Gluteo (sala A)	●
17:00-18:00	Group Cycling (Outdoor/sala C)	●
17:50-18:50		
18:00-19:00	Metabolic Workout (sala A)	●
18:00-19:00	Flex Ability (sala B)	●
18:15-19:15	Group Cycling (Outdoor/sala C)	●
19:00-20:00	Functional Training (sala A)	●
19:00-20:00		
19:00-20:00		
19:30-20:30	Group Cycling (Outdoor/sala C)	●
20:00-21:00		
20:30-21:30	Fit boxe (sala A)	●

MARTEDÌ

Sala attrezzi	●
Functional Training (sala A)	●
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)	
Latin Dance (sala C)	●
Flex Zone (sala A)	●
Pilates (sala B)	
Fit Dance (sala C)	●
Danza Aerea (sala A)	
Snowboard (sala C)	

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)	
Latin Dance (sala C)	●
Flex Zone (sala A)	●
Pilates (sala B)	
Fit Dance (sala C)	●
Danza Aerea (sala A)	
Snowboard (sala C)	

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

É obbligatorio prenotare tutti i corsi (minimo 7 persone). Gli orari delle lezioni potrebbero subire variazioni.

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