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AREA FITNESS

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Lunedì		Martedì		Mercoledì	
07:00	Corpo Libero Diego	07:00	Group Cycling Marcello	07:00	Corpo Libero Diego
07:00	Area Performance Nicola	07:00	Army Training Cinzia	07:00	Area Performance Nicola
08:00	Posturale Ombretta	08:30	Area Performance Diego	08:00	Posturale Ombretta
08:20	Total Body Raffaella	09:10	Corpo Libero Titiana	08:20	Total Body Raffaella
08:30	Area Performance Nicola	10:00	Body Sculpt Elena	08:30	Area Performance Nicola
09:00	Heat Ilaria	10:00	Posturale Titiana	09:00	Heat Ilaria
10:00	Total Body Alessia	10:30	Hatha Yoga Valentina	10:00	Total Body Alessia
11:00	Posturale Gianluca	12:00	Stretch & Tone Gianluca	11:00	Posturale Gianluca
12:00	Ginnastica Dolce Gianluca	13:00	Matwork Pilates Valentina	12:00	Ginnastica Dolce Gianluca
13:30	Body Work Elena	13:30	Group Cycling Marcello	13:00	Barre Pilates Anna
13:30	Heat Isa	13:30	Aereobox Pino	13:30	Body Pump Elena
14:30	Super GAG 30' Elena	17:00	Corpo Libero Titiana	13:30	Heat Ilaria
18:00	Hatha Vinyasa Daniela	18:00	Matwork Pilates Francesca	14:30	Super GAG 30' Elena
18:00	Functional Nicola	18:00	Posturale Titiana	18:00	Functional Nicola
18:30	Heat Loriana	18:00	Functional Cross Alessandro	18:00	Hatha Vinyasa Azzurra
18:30	Dynamic Power Ademaro	18:30	Group Cycling	18:30	Dynamic Power Ademaro
19:00	Area Performance Diego	19:00	Freestyle Fight Alessandro	18:30	Heat Paolo
19:30	Core & Gluteus Ademaro	19:00	Total Body Titiana	19:00	Area Performance Diego
19:30	Group Cycling Luca	20:00	Functional Extreme Alessandro	19:30	Core & Gluteus Ademaro
19:30	Prepugilistica Roberto	20:00	Zumba Victor	19:30	Prepugilistica Roberto
Giovedì		Venerdì		Sabato	
07:00	Group Cycling Marcello	07:00	Corpo Libero Diego	09:00	Hatha Yoga Azzurra
07:00	Army Training Cinzia	07:00	Area Performance Nicola	10:00	Corpo Libero Filippo
08:30	Area Performance Diego	08:00	Posturale Ombretta	10:00	Group Cycling Marcello
09:10	Corpo Libero Titiana	08:20	Total Body Raffaella	11:00	Area Performance Filippo
10:00	Body Sculpt Elena	08:30	Area Performance Nicola	12:00	Matwork Pilates Francesca
10:00	Posturale Titiana	09:00	Heat Isa	15:00	Heat Azzurra
10:30	Hatha Yoga Valentina	10:00	Total Body Alessia		
12:00	Stretch & Tone Gianluca	11:15	Posturale Ombretta		
13:00	Matwork Pilates Valentina	12:30	Matwork Pilates Ombretta		Domenica
13:30	Group Cycling Marcello	13:30	Body Work Elena	10:30	Group Cycling Marcello
13:30	Aereobox Pino	13:30	Heat Paolo	12:00	Heat
17:00	Corpo Libero Titiana	14:30	Super GAG 30' Elena		
18:00	Matwork Pilates Francesca	18:00	Functional Nicola		
18:00	Posturale Titiana	18:00	Hatha Vinyasa Azzurra		
18:00	Functional Cross Alessandro	18:30	Dynamic Power Ademaro		
18:30	Group Cycling	18:30	Heat Loriana		
19:00	Freestyle Fight Alessandro	19:00	Area Performance Diego		
19:00	Total Body Titiana	19:30	Core & Gluteus Ademaro		
20:00	Functional Extreme Alessandro	19:30	Group Cycling Luca		
20:00	Zumba Victor	19:30	Prepugilistica Roberto		

Siamo aperti tutti i giorni: lunedì/venerdì 7:00-23:00 - sabato 8:00-20:00 - domenica 9:00-20:00.

www.areasportingclub.it - info@areasportingclub.com - Infoline 06-78312523AR
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CORSIE NUOTO LIBERO

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		DOMENICA	
7:00-8:00	6 CORSIE	7:00-9:30	6 CORSIE	7:00-8:00	6 CORSIE	7:00-9:30	6 CORSIE	7:00-9:30	6 CORSIE	8:00-9:00	8 CORSIE	9:00-12:00	8 CORSIE
8:00-9:30	8 CORSIE	9:30-11:00	6 CORSIE	8:00-9:30	8 CORSIE	9:30-11:00	8 CORSIE	9:30-11:00	8 CORSIE	9:00-12:00	1 CORSIA	12:00-13:00	6 CORSIE
9:30-12:30	6 CORSIE	11:35-12:35	6 CORSIE	9:30-12:30	6 CORSIE	11:00-12:00	6 CORSIE	11:00-12:30	6 CORSIE	12:00-14:00	3 CORSIE	13:00-19:30	8 CORSIE
12:30-13:30	8 CORSIE	12:35-13:30	8 CORSIE	12:30-13:30	8 CORSIE	12:00-13:30	8 CORSIE	12:30-13:30	8 CORSIE	14:00-19:30	8 CORSIE		
13:30-15:00	6 CORSIE	13:30-15:00	6 CORSIE	13:30-15:00	6 CORSIE	13:30-15:00	6 CORSIE	13:30-15:00	6 CORSIE				
15:00-19:00	1 CORSIA	15:00-19:00	1 CORSIA	15:00-19:00	1 CORSIA	15:00-19:00	1 CORSIA	15:00-19:00	1 CORSIA				
19:00-20:10	2 CORSIE	19:00-20:30	2 CORSIE	19:00-21:30	4 CORSIE	19:00-20:30	2 CORSIE	19:00-20:10	3 CORSIE				
20:10-22:30	8 CORSIE	20:30-22:30	8 CORSIE	21:30-22:30	8 CORSIE	20:30-21:30	6 CORSIE	20:10-22:30	8 CORSIE				
						21:30-22:30	8 CORSIE						



ACQUAFIT IN AREA



Lunedì		Martedì		Mercoledì		Giovedì		Venerdì	
7:00	ACQUAGYM Francesca	7:00	CIRCUITO Francesca	7:00	HYDROBIKE* Francesca	7:00	ACQUAFITNESS Francesca	7:00	CIRCUITO Francesca
9:30	FUNC.SPLASH* Raffaella	8:30	HYDROBIKE* Cristina	9:30	FUNC.SPLASH* Raffaella	8:30	HYDROBIKE* Cristina	9:30	FUNC.SPLASH* Raffaella
10:30	DREN UP* Raffaella	11:00	HYDROBIKE* Christine	10:30	DREN UP* Raffaella	11:00	CIRCUITO Christine	10:30	HYDROBIKE* Raffaella
11:35	ACQUAGYM Cristina			11:35	ACQUAGYM Cristina			11:35	ACQUAGYM Cristina
13:30	FUNC.SPLASH* Raffaella	13:30	CIRCUITO Christine	13:30	FUNC.SPLASH* Raffaella	13:30	ACQUAFITNESS Christine	13:30	CIRCUITO Cristina
19:10	ACQUAGYM Cristina			19:10	CIRCUITO Cristina			19:10	ACQUAGYM Cristina
		19:30	CIRCUITO Giulia	20:10	ACQUAGYM Cristina	19:30	HYDROBIKE* Giulia		
Sabato		Domenica		(*) corsi a numero chiuso: per riservare il tuo posto è necessario prenotare con 24 ore di anticipo.					
12:00	CIRCUITO Cristina	11:00	HYDROBIKE* Giulia	ORARI: lunedì/venerdì 7:00-23:00 - sabato 8:00-20:00 - domenica 9:00-20:00					
12:50	ACQUAGYM Cristina	12:00	ACQUAGYM Giulia	www.areasportingclub.it - info@areasportingclub.com - Infoline 06-78312523					

	All inclusive Open	All inclusive Morning	All inclusive Evening	All Inclusive Under 21	All inclusive Over 65
12 MESI					
NUOVO	€ 1.049	€ 860	€ 760	€ 500	€ 860
RINNOVO	€ 945	€ 775	€ 685		€ 775
6 MESI					
NUOVO	€ 580	€ 475	€ 425	€ 300	€ 475
RINNOVO	€ 520	€ 425	€ 380		€ 425
3 MESI					
NUOVO	€ 310				
EXECUTIVE 12 mesi					
NUOVO	€ 1.360				
RINNOVO	€ 1.225				