

PLANNING

RHYFEL PLANNING



PLANNING IN VIGORE DA LUNEDÌ 17 MARZO 2025

LUNEDÌ

SALA 1	SALA 2	SALA 3	POOL
		08:30 - 9:30 POSTURAL STRETCH	08:30 AQUA DYNAMIC
		09:30 - 10:30 PUMP	09:30 AQUA DRENA ALTA
	10:30 - 11:30 CROSS TRAINING	10:45 - 11:45 PILATES	10:15 AQUA FITNESS
	11:30 - 12:30 TRX & BOXE	11:45 - 12:45 POSTURAL STRETCH	
14:00 - 15:00 BIKING PROGRAM	15:00 - 16:00 FUNCTIONAL TRX	14:00 - 15:00 RESISTANCE TRAINING	14:00 CIRCUIT ENDURANCE
18:30 - 19:20 WALK	18:00 - 19:00 MOBILITY &TONE	17:00 - 18:00 TOTAL BODY	
19:30 - 20:30 BIKING PROGRAM	19:00 - 20:00 CROSS TRAINING	18:00 - 19:00 PILATES MATWORK	19:15 AQUA TOTAL BODY
	20:00 - 21:00 FUNCTIONAL TRX	19:00 - 20:00 METABOLIC WORKOUT	20:00 AQUA ABS & BOOTY
	21:00 - 21:45 CROSS TRAINING	20:00 - 20:45 TOTAL BODY	

MARTEDÌ

SALA 1	SALA 2	SALA 3	POOL
		08:30 - 9:30 LOW IMPACT	08:30 AQUA TABATA ALTA
09:30 - 10:30 WALK & TONE	09:30 - 10:30 TOTAL BODY	09:30 - 10:30 PILATES FLOW TONIC	09:30 CIRCUIT WATER
	10:40 - 11:30 KOMBAT ARENA	10:30 - 11:30 PILATES BARRE	10:15 WATER AND PANTS
	14:00 - 15:00 MOBILITY & TONE	11:45 - 12:45 AERODANCE	
	17:15 - 18:00 POSTURAL & TONE	14:00 - 15:00 TOTAL BODY	
18:30 - 19:30 BIKING PROGRAM	18:00 - 18:45 PILATES		
19:30 - 20:30 BIKING PROGRAM	18:45 - 19:15 TOTAL BODY	18:00 - 18:45 STEP	
	19:15 - 20:00 CROSS TRAINING	19:00 - 20:00 CARDIO & GAG	19:15 AQUA DYNAMIC
	20:00 - 20:50 TRX		20:00 AQUA FITNESS

MERCOLEDÌ

SALA 1	SALA 2	SALA 3	POOL
		08:30 - 9:30 POSTURAL STRETCH	08:30 AQUA DYNAMIC
		09:30 - 10:30 PUMP	09:30 AQUA DRENA ALTA
	10:30 - 11:30 CROSS TRAINING	10:45 - 11:45 PILATES	10:15 AQUA FITNESS
	11:30 - 12:30 TRX & BOXE	11:45 - 12:45 POSTURAL STRETCH	
14:00 - 15:00 BIKING PROGRAM	15:00 - 16:00 FUNCTIONAL TRX	14:00 - 15:00 RESISTANCE TRAINING	14:00 CIRCUIT ENDURANCE
	18:00 - 19:00 MOBILITY & TONE	17:00 - 18:00 PILATES BARRE	
18:00 - 19:00 WALK	19:00 - 20:00 CROSS TRAINING	18:00 - 19:00 PILATES MATWORK	
19:30 - 20:30 BIKING PROGRAM	20:00 - 21:00 FUNCTIONAL TRX	19:00 - 20:00 METABOLIC WORKOUT	19:15 AQUA TOTAL BODY
	21:00 - 21:45 CROSS TRAINING	20:00 - 20:45 TOTAL BODY	20:00 AQUA ABS & BOOTY

GIOVEDÌ

SALA 1	SALA 2	SALA 3	POOL
		08:30 - 9:30 LOW IMPACT	08:30 CIRCUIT WATER ALTA
09:30 - 10:30 WALK & TONE	09:30 - 10:30 TOTAL BODY	09:30 - 10:30 PILATES FLOW TONIC	09:30 AQUA TABATA
	10:40 - 11:30 KOMBAT ARENA	10:30 - 11:30 PILATES BARRE	10:15 WATER AND PANTS
	14:00 - 15:00 MOBILITY & TONE	11:45 - 12:45 POSTURAL STRETCH	
	17:15 - 18:00 POSTURAL & TONE	14:00 - 15:00 TOTAL BODY	
	18:00 - 18:45 PILATES	18:00 - 18:45 AEROBICA	
18:30 - 19:30 BIKING PROGRAM	18:45 - 19:15 TOTAL BODY		
19:30 - 20:30 BIKING PROGRAM	19:15 - 20:00 CROSS TRAINING	19:00 - 20:00 CARDIO & GAG	19:15 AQUA DYNAMIC
	20:00 - 20:50 TRX		20:00 AQUA FITNESS

VENERDÌ

SALA 1	SALA 2	SALA 3	POOL
		08:30 - 9:30 POSTURAL STRETCH	08:30 AQUA DYNAMIC
	10:30 - 11:30 CROSS TRAINING	09:30 - 10:30 PUMP	09:30 AQUA DRENA ALTA
	11:30 - 12:30 TRX & BOXE	10:45 - 11:45 PILATES	10:15 AQUA FITNESS
		11:45 - 12:45 POSTURAL STRETCH	
14:00 - 15:00 BIKING PROGRAM	15:00 - 16:00 FUNCTIONAL TRX	14:00 - 15:00 RESISTANCE TRAINING	14:00 CIRCUIT ENDURANCE
	18:30 - 19:30 MOBILITY & TONE	17:00 - 18:00 TOTAL BODY	
18:00 - 19:00 WALK	19:30 - 20:30 CROSS TRAINING	18:00 - 19:00 PILATES FLOW TONIC	19:15 AQUA TABATA
			20:00 AQUA FITNESS

SABATO

SALA 1	SALA 2	SALA 3
09:30 - 10:30 WALK		09:30 - 10:30 PILATES
10:30 - 11:30 BIKING PROGRAM	10:30 - 11:30 MOBILITY &TONE	10:30 - 11:30 PUMP
	11:30 - 12:30 CROSS TRAINING	14:30 - 15:30 TOTAL BODY

PROBABILI VARIAZIONI RISPETTO ALL'ORARIO, ALLA TIPOLOGIA E AGLI ISTRUTTORI | TUTTI I CORSI DEL NOSTRO PALINSENSTO RICHIEDONO LA PRENOTAZIONE. L'ACCESSO AL TORNELLO È CONSENTITO 15 MINUTI PRIMA RISPETTO ALL'ORARIO DI INIZIO DEL CORSO PRENOTATO.

