

PLANNING

RHYFEL PLANNING



PLANNING IN VIGORE DA LUNEDÌ 9 SETTEMBRE 2024

LUNEDÌ

| SALA 1 | SALA 2 | SALA 3 | POOL |
|------------------------------------|------------------------------------|---|-------------------------------|
| | | | 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 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 |
| | | 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 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 | |
| | 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 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 |
| | | 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 - 20:45 TRX | | 20:00 AQUA FITNESS |

VENERDÌ

| SALA 1 | SALA 2 | SALA 3 | POOL |
|------------------------------------|-------------------------------------|---|-------------------------------|
| | | | 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 PALINSENTO RICHIEDONO LA PRENOTAZIONE. L'ACCESSO AL TORNELLO È CONSENTITO 15 MINUTI PRIMA RISPETTO ALL'ORARIO DI INIZIO DEL CORSO PRENOTATO.