

# TRASTEVERE

Planning valido dal **15**  
**Novembre**

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07.05-07.55 <b>Hydrobike</b> <i>Swimming pool</i>	7.30-08.20 <b>Funzionale</b> <i>Fitness Zone</i>	07.05-07.55 <b>Acquafitness</b> <i>Swimming pool</i>	08.15-09.05 <b>Pilates Training</b> <i>Body&amp;Mind Zone</i>	07.05-07.55 <b>Acquafitness</b> <i>Swimming pool</i>	10.10-11.00 <b>Pilates</b> <i>Fitness Zone</i>
08.00-09.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	08.15-09.05 <b>Pilates Training</b> <i>Body&amp;Mind Zone</i>	8.30-9.30 <b>Ashtanga Yoga</b> <i>Body&amp;Mind Zone</i>	08.30-09.20 <b>Hydrobike</b> <i>Swimming pool</i>	7.30-08.20 <b>Funzionale</b> <i>Fitness Zone</i>	11.10-12.10 <b>Studio Reformer</b> <i>Studio Reformer</i>
09.00-09.50 <b>Total Body</b> <i>Fitness Zone</i>	08.30-09.20 <b>Hydrobike</b> <i>Swimming pool</i>	09.00-9.50 <b>Functional Step</b> <i>Fitness Zone</i>	09.15-10.05 <b>Posturale</b> <i>Body&amp;Mind Zone</i>	08.00-09.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	11.15-12.15 <b>Ashtanga Yoga</b> <i>Body&amp;Mind Zone</i>
09.00-10.00 <b>Nuoto Guidato</b> <i>Swimming pool</i>	09.15-10.05 <b>Posturale</b> <i>Body&amp;Mind Zone</i>	09.40-10.30 <b>Posturale</b> <i>Body&amp;Mind Zone</i>	09.30-10.20 <b>Total Body</b> <i>Fitness Zone</i>	09.00-09.50 <b>Total Body</b> <i>Fitness Zone</i>	11.30-12.20 <b>Funzionale</b> <i>Fitness Zone</i>
09.30-10.20 <b>Pilates</b> <i>Body&amp;Mind Zone</i>	09.30-10.20 <b>Total Body</b> <i>Fitness Zone</i>	11.00-12.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	10.00-10.30 <b>Cross Circuit</b> <i>Sala Pesì/Small Group</i>	09.00-10.00 <b>Nuoto Guidato</b> <i>Swimming pool</i>	12.30-13.20 <b>Yoga in volo</b> <i>Fitness Zone</i>
10.00-11.00 <b>Power Yoga</b> <i>Fitness Zone</i>	10.00-10.20 <b>Abdominal</b> <i>Sala Pesì/Small Group</i>	11.00-11.50 <b>Yoga in volo</b> <i>Fitness Zone</i>	10.00-11.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	09.30-10.20 <b>Pilates</b> <i>Body&amp;Mind Zone</i>	12.20-13.10 <b>Acquagym</b> <i>Swimming pool</i>
10.00-10.50 <b>Acquagym</b> <i>Swimming pool</i>	10.00-11.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	11.00-11.50 <b>Hydrobike</b> <i>Swimming pool</i>	10.30-11.20 <b>Pilates</b> <i>Fitness Zone</i>	10.00-11.00 <b>Power Yoga</b> <i>Fitness Zone</i>	<b>DOMENICA</b>
10.00-10.30 <b>Women Strenght</b> <i>Sala Pesì/Small Group</i>	10.30-11.20 <b>Pilates</b> <i>Fitness Zone</i>	12.00-13.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	11.30-12.20 <b>Posturale</b> <i>Fitness Zone</i>	10.00-10.50 <b>Acquagym</b> <i>Swimming pool</i>	11.00-12.00 <b>Easy Sunday</b> <i>Fitness Zone</i>
10.30-11.20 <b>Posturale</b> <i>Body&amp;Mind Zone</i>	11.30-12.20 <b>Posturale</b> <i>Fitness Zone</i>	12.00-12.50 <b>Funzionale</b> <i>Fitness Zone</i>	12.00-12.50 <b>Acquafitness</b> <i>Swimming pool</i>	10.00-10.30 <b>Women Strenght</b> <i>Sala Pesì/Small Group</i>	
11.00-12.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	12.00-12.50 <b>Acquafitness</b> <i>Swimming pool</i>	13.00-13.50 <b>Acquafitness</b> <i>Swimming pool</i>	13.00-14.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	10.30-11.20 <b>Posturale</b> <i>Patrizia</i>	
12.10-13.00 <b>Pancafit ®</b> <i>Body&amp;Mind Zone</i>	13.00-14.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	13.15-14.05 <b>LesMills Body Pump</b> <i>Fitness Zone</i>	13.00-13.50 <b>Acquagym</b> <i>Swimming pool</i>	11.00-12.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	
13.15-13.45 <b>LesMills CORE</b> <i>Fitness Zone</i>	13.15-14.05 <b>Circuit Training</b> <i>Fitness Zone</i>	13.30-14.20 <b>Pilates</b> <i>Body&amp;Mind Zone</i>	13.30-14.30 <b>Vinyasa Yoga</b> <i>Body&amp;Mind Zone</i>	12.10-13.00 <b>Pancafit ®</b> <i>Body&amp;Mind Zone</i>	
13.30-14.20 <b>Hydrobike</b> <i>Swimming pool</i>	13.30-14.30 <b>Vinyasa Yoga</b> <i>Body&amp;Mind Zone</i>	16.00-17.00 <b>Danza Moderna 11/18 anni</b> <i>Fitness Zone</i>	13.30-14.20 <b>Funzionale</b> <i>Fitness Zone</i>	13.15-13.45 <b>LesMills CORE</b> <i>Fitness Zone</i>	
13.30-14.30 <b>Studio Reformer</b> <i>Studio Reformer</i>	16.00-17.00 <b>Karate Adolescenti</b> <i>Fitness Zone</i>	17.00-18.00 <b>Gioco Danza 3-6 anni</b> <i>Fitness Zone</i>	15.00-15.20 <b>Abdominal</b> <i>Sala Pesì/Small Group</i>	13.30-14.30 <b>Studio Reformer</b> <i>Studio Reformer</i>	
13.50-14.20 <b>Upper Body</b> <i>Fitness Zone</i>	17.00-18.00 <b>Karate Baby</b> <i>Fitness Zone</i>	17.00-18.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	16.00-17.00 <b>Karate Adolescenti</b> <i>Fitness Zone</i>	13.30-14.20 <b>Hydrobike</b> <i>Swimming pool</i>	
15.00-15.20 <b>Abdominal</b> <i>Sala Pesì/Small Group</i>	18.00-18.50 <b>Posturale</b> <i>Fitness Zone</i>	17.30-18.20 <b>Pancafit ®</b> <i>Body&amp;Mind Zone</i>	17.00-18.00 <b>Karate Baby</b> <i>Fitness Zone</i>	13.15-14.05 <b>Tabata</b> <i>Body&amp;Mind Zone</i>	
16.00-17.00 <b>Danza Moderna 11/18 anni</b> <i>Body&amp;Mind Zone</i>	18.00-18.50 <b>Tabata</b> <i>Body&amp;Mind Zone</i>	18.00-18.50 <b>Interval Training</b> <i>Fitness Zone</i>	17.00-17.50 <b>Posturale</b> <i>Body&amp;Mind Zone</i>	13.50-14.20 <b>Lower Body</b> <i>Fitness Zone</i>	
17.00-18.00 <b>Gioco Danza 3-6 anni</b> <i>Body&amp;Mind Zone</i>	19.00-19.50 <b>Pilates Creative</b> <i>Body&amp;Mind Zone</i>	18.30-19.30 <b>Studio Reformer</b> <i>Studio Reformer</i>	18.00-18.50 <b>Pancafit ®</b> <i>Body&amp;Mind Zone</i>	17.00-18.00 <b>Danza Moderna 7/10 anni</b> <i>Body&amp;Mind Zone</i>	
17.00-18.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	19.10-20.00 <b>Hydrobike</b> <i>Swimming pool</i>	19.00-19.50 <b>Total Body</b> <i>Fitness Zone</i>	18.00-18.50 <b>Funzionale</b> <i>Fitness Zone</i>	17.00-18.00 <b>Studio Reformer</b> <i>Studio Reformer</i>	
18.00-18.50 <b>Interval Training</b>	19.15-20.15 <b>Studio Reformer</b>	19.10-20.00 <b>Acquacircuit</b>	19.00-19.50 <b>Pilates Creative</b>	17.00-17.30 <b>Cross Circuit</b>	

<i>Fitness Zone</i> 18.00-18.50 <b>Pancafit ®</b>	<i>Studio Reformer</i> 19.30-20.20 <b>GAG</b>	<i>Swimming pool</i> 19.30-20.20 <b>Posturale</b>	<i>Body&amp;Mind Zone</i> 19.10-20.00 <b>Hydrobike</b>	<i>Sala Pesi/Small Group</i> 18.00-18.50 <b>LesMills Body Pump</b>	
<i>Body&amp;Mind Zone</i> 18.00-19.00 <b>Studio Reformer</b>	<i>Fitness Zone</i> 20.10-21.00 <b>Hydrobike</b>	<i>Body&amp;Mind Zone</i> 20.10-21.00 <b>Hydrobike</b>	<i>Swimming pool</i> 19.15-20.15 <b>Studio Reformer</b>	<i>Fitness Zone</i> 18.00-19.00 <b>Studio Reformer</b>	
<i>Studio Reformer</i> 19.00-19.50 <b>LesMills Body Pump</b>	<i>Swimming pool</i> 20.30-21.20 <b>Pilates</b>	<i>Swimming pool</i> 21.30-22.30 <b>Swing</b>	<i>Studio Reformer</i> 19.30-20.20 <b>GAG</b>	<i>Studio Reformer</i> 19.00-19.50 <b>Pilates</b>	
<i>Fitness Zone</i> 19.00-19.50 <b>Pilates</b>	<i>Body&amp;Mind Zone</i> 20.30-21.30 <b>Karate Adulti</b>	<i>Fitness Zone</i>	<i>Fitness Zone</i> 20.10-21.00 <b>Hydrobike</b>	<i>Body&amp;Mind Zone</i> 19.10-20.00 <b>Acquafitness</b>	
<i>Body&amp;Mind Zone</i> 19.10-20.00 <b>Acquafitness</b>			<i>Swimming pool</i> 20.30-21.20 <b>Pilates</b>	<i>Swimming pool</i> 20.00-20.50 <b>Cross Training</b>	
<i>Swimming pool</i> 20.00-20.50 <b>Cross Training</b>			<i>Body&amp;Mind Zone</i> 20.30-21.30 <b>Karate Adulti</b>	<i>Fitness Zone</i>	
<i>Fitness Zone</i> 20.10-21.00 <b>Hydrobike</b>			<i>Body&amp;Mind Zone</i>		
<i>Swimming pool</i>					

