

ORARI A.S. 2026/2027
STADIO



IMPIANTO STADIO

AREA COMBAT

	LUN	MAR	MER	GIO	VEN	SAB
BOXE TRAINING SALA A						12:00-13:30
	13:00 - 14:30	13:00 - 14:30	13:00 - 14:30	13:00 - 14:30	13:00 - 14:30	
	19:30 - 21:00	19:30 - 21:00	19:30 - 21:00	19:30 - 21:00	19:30 - 20:30	
	21:00 - 22:00	21:00 - 22:00	21:00 - 22:00	21:00 - 22:00		
PUGILATO AGONISTI SALA A	18:00 - 19:30	18:00 - 19:30	18:00 - 19:30	18:00 - 19:30	18:00 - 19:30	
THAI BOXE SALA RING	17:00 - 19:00 AGONISTI	17:00 - 19:00 AGONISTI	17:00 - 19:00 AGONISTI	17:00 - 19:00 AGONISTI		
	19:00 - 20:30	19:00 - 20:30	19:00 - 20:30	19:00 - 20:30	19:00 - 20:30	
BJJ SALA YOGA	AVANZATO 20:00 - 21:30	PRINCIPIANTI 20:00 - 21:30	AVANZATO 20:00 - 21:30	PRINCIPIANTI 20:00 - 21:30	UNIFICATO 20:00 - 21:30	
TAI CHI SALA INDOOR CYCLING	17:00 -19:00			17:00 -19:00		
JU JITZU TRADIZIONALE SALA RING	20:30 - 22:00		20:30 - 22:00	20:30 - 22:00		
KRAV MAGA SALA RING	20:30 - 21:30		20:30 - 21:30			



IMPIANTO STADIO

AREA FITNESS DIURNO

	LUN	MAR	MER	GIO	VEN	SAB
8:10 – 9:10		FLOW FIT *** SALA YOGA		FLOW FIT *** SALA YOGA		08:30-09:30 FLOW FIT *** SALA RING
9.00 - 10.00		GINNASTICA DOLCE			GINNASTICA DOLCE	
10:00 – 11:00	GINNASTICA DOLCE	GINNASTICA DOLCE	RESTORATIVE YOGA	GINNASTICA DOLCE	PILATES	
11:00 – 12:00	PILATES	STRETCHING	TOTAL BODY	PILATES	STRETCHING	TOTAL BODY
12:00 – 13:00	STRETCHING			STRETCHING		
13:00 – 14:00		TABATA		TABATA		
13:30 – 14:30	GYM TONIC		GYM TONIC		GYM TONIC	

AREA FITNESS SERALE

	LUN	MAR	MER	GIO	VEN	SAB
16:00 – 16:50	PILATES		PILATES	FIT BALL PILATES SALA YOGA		
17:00 – 17:50	HATHA YOGA	TOTAL BODY	TOTAL BODY	TOTAL BODY	PILATES	
17:00 – 17:50	BODY SCULPT MATWORK SALA YOGA		YOGA DINAMICO SALA YOGA	YIN YOGA SALA YOGA	FLOW FIT & CORE STRENGHT *** SALA YOGA	
18:00 – 18:50	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	ZUMBA	
18:00 – 18:50	RESTORATIVE YOGA SALA YOGA	FLOW FIT & CORE STRENGHT *** SALA YOGA	RESTORATIVE YOGA SALA YOGA	YOGA DINAMICO SALA YOGA		
19:00 – 19:50	FUNCTIONAL	ZUMBA	FUNCTIONAL	ZUMBA	FUNCTIONAL	
19:00 – 19:50	FLOW FIT & CORE STRENGHT *** SALA YOGA	RESTORATIVE YOGA SALA YOGA	FLOW FIT & CORE STRENGHT *** SALA YOGA	RESTORATIVE YOGA SALA YOGA		
20:00 – 20:50	FUNCTIONAL	PILATES	FUNCTIONAL	PILATES		



IMPIANTO STADIO

AREA DANZA

	LUN	MAR	MER	GIO	VEN	SAB
BALLI DI GRUPPO SALA A					09:00 - 09:45 AVANZATI	
					09:45 - 10:30 INTERMEDI	
					10:30 - 11:15 PRINCIPIANTI	
TWERK SALA B INIZIO CORSI FINE SETTEMBRE	21:00 - 22:30 OPEN	21:00 - 22:30 AVANZATI				
DANZA DEL VENTRE SALA B INIZIO CORSI FINE SETTEMBRE			21:00 - 22:00 INTERMEDI-AVANZATI			



IMPIANTO STADIO

AREA YOUNG

	LUN	MAR	MER	GIO	VEN	SAB
BOXE YOUNG	17:00 - 18:00	17:00 - 18:00		17:00 - 18:00		
	18:00-19:00			18:00-19:00		
MUAY THAI YOUNG	17:00 - 18:30		17:00 - 18:30		17:00 - 18:30	
		SOLO PRE-AGONISTI 17:30 - 18:45		SOLO PRE-AGONISTI 17:30 - 18:45		
KUNG FU 07 - 12 ANNI		17:00 - 18:00			17:00 - 18:00	



IMPIANTO STADIO

AREA INDOOR CYCLING

	LUN	MAR	MER	GIO	VEN	SAB
10:30 - 11:30						INDOOR CYCLING
13:00 - 14:00		INDOOR CYCLING		INDOOR CYCLING		
18:00 - 19:00			INDOOR CYCLING			
18:30 - 19:30					INDOOR CYCLING	
19:00 - 20:00	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING		