



SOMALIA
SPORT CLUB

PROGRAMMAZIONE FITNESS DI TERRA

STAGIONE 2026 - 2027

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

Domenica

7:10			Total Body	A			Total Body	A						
7:30	Pilates Reformer	B	Pilates Reformer	B	Pilates Reformer	B	Pilates Reformer	B	Pilates Reformer	B				
8:00			Postural Pilates	A			Postural Pilates	A						
8:30	Pilates Reformer	B	Pilates Reformer	B	Pilates Reformer	B	Pilates Reformer	B	Pilates Reformer	B				
9:00	Tonificazione	A			Tonificazione	A			Tonificazione	A				
9:30									Pilates Reformer	B				
10:00	Posturale	A	Panca RAGGI®	B	Posturale	A	Panca RAGGI®	B	Posturale	A	Posturale	A	Pilates Reformer	B
10:30			GAG	A			GAG	A			Pilates Reformer	B	Flyoga	A
11:00	Power Burn	A			All. Metabolico	A			Power Burn	A	GAG	A	Pilates Reformer	B
11:00	Pilates Reformer	B	Panca RAGGI®	B	Pilates Reformer	B	Panca RAGGI®	B	Pilates Reformer	B			Flyoga	A
11:30			Pilates	A			Pilates	A						
12:00	Pilates Reformer				Pilates Reformer	B			Pilates Reformer	B				
12:00	Flyoga	A			Flyoga	A			Flyoga	A	Yoga 90'	A		
13:10	Pilates	A	Interval Training	A	Pilates	A	Interval Training	A	Pilates	A				
13:30	Yoga	B	Indoor Cycling	B	Yoga	B	Indoor Cycling	B	Yoga	B	Indoor Cycling	B		
14:00	Circuit Tone	A	Pilates	A	Funct. Boxe	A	Pilates	A	Circuit Tone	A				
15:00											Pilates	A		
15:30											Pilates Reformer	B		
16:00			Pilates Reformer	B			Pilates Reformer	B			Total Body	A		
16:30											Pilates Reformer	B		
16:45	Pilates	B			Pilates	B			Pilates	B				
17:00	Posturale	A	Pilates Reformer	B	Posturale	A	Pilates Reformer	B	Posturale	A				
17:30			Pilates	A			Pilates	A						
17:45	Pilates	B			Pilates	B			Pilates	B				
18:00	Posturale	A	Body Sculpt	B	Posturale	A	Body Sculpt	B	Posturale	A				
18:30			Total Body	A			Total Body	A						
19:00	Strong Fit	A			Up&Down	A			X Tempo	A				
19:00	Indoor Cycling	B			Indoor Cycling	B			Indoor Cycling	B				
19:15			Indoor Cycling	B			Indoor Cycling	B						
19:30			Pilates	A			Pilates	A						
20:00	Power Pump	A			Trx & Ktb	A			Power Pump	A				
20:00	Indoor Cycling	B			Indoor Cycling	B								
20:30			Funzionale	A			Funct. Boxe	A						
20:30			Pilates-Yoga	B			Pilates-Yoga	B						

 ATTIVITA' DOLCE

 ATTIVITA' TONIFICANTE

 ATTIVITA' FUNZIONALE

 ATTIVITA' OLISTICA

 ATTIVITA' ALTA INTENSITA'

 ATTIVITA' IN SOSPENSIONE

 Temporary Class

 Durata dei corsi: 50 minuti

 Tutti i corsi sono frequentabili solo su prenotazione

 Il presente programma può subire variazioni

PROGRAMMAZIONE ACQUAFITNESS

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

9:00	Acquagym		Acquagym		Acquagym	
9:30		Bike Circuit		Bike Circuit		
10:00	Water Circuit		Water Circuit		Water Circuit	
10:30		Acquagym		Acquagym		
12:30		Water Circuit		Water Circuit		Acquagym
13:10	Acquagym		Acquagym		Acquagym	
13:30		Acquagym		Acquagym		Bike Circuit
19:10	Acquagym	Water Tone	Acquagym	Water Tone	Acquagym	
20:10		Jump Circuit		Water Circuit		