

© ALLROUND

PLANNING

ATTIVITÀ di classe FITNESS



@ALLROUNDROMA



LUNEDÌ

	GYM FLOOR	SALA 1	SALA 3	SALA CORSI	PISCINA	SKILLBIKE AREA	STUDIO PILATES
07:00		F. TOTAL ABDOMINAL 07:15 - 07:55 Andrea	F. POSTURALE 07:15 - 08:00 Francesca				
08:00		F. BODY SCULP 08:00 - 08:45 Andrea	F. POSTURALE 08:15 - 09:00 Francesca				
09:00	F. FUNCTIONAL TRAINING 09:00 - 09:45 Andrea		F. POSTURALE 09:05 - 09:50 Gianluca		PISCINA 1		F. PILATES REFORMER 09:00 - 09:45 Elena
10:00	F. TOTAL BODY 10:00 - 10:45 Arianna	F. GINNASTICA SOFT 10:00 - 10:45 Andrea	F. SALUTE DINAMICA 10:05 - 10:50 Gianluca	F. PILATES SCHIENA 09:15 - 10:00 Francesca	F. ACQUAFITNESS 10:20 - 11:05 Francesca P		F. PILATES REFORMER 10:00 - 10:45 Elena
11:00		F. BALLI DI GRUPPO 11:15 - 12:15 Sabrina	F. PILATES MAT 11:00 - 11:45 Elena	F. GINNASTICA DOLCE 10:00 - 10:50 Francesca	PISCINA 2		
12:00		F. HIIT 12:30 - 13:15 Carlotta	F. PILATES ARC / BARRE 12:00 - 12:45 Elena		F. RIEDUCAZIONE 11:15 - 12:00 Andrea M.		
13:00					F. ACQUA CIRCUIT 12:00 - 12:45 Andrea M.		
14:00					F. HYDROBIKE 13:00 - 13:45 Andrea M.	F. SKILLBIKE 13:30 - 14:15 Carlotta	
15:00							
16:00							
17:00		F. CIRCUIT TRAINING 17:00 - 17:40 Luca		SALA 4			F. PILATES REFORMER 16:50 - 17:35 Antonio
18:00		F. ABS GLUTEI 17:45 - 18:30 Carlotta	F. PILATES 17:45 - 18:30 Luca	F. POSTURALE MEZIÉRÈS 17:45 - 18:30 Antonio	PISCINA 2		F. PILATES REFORMER 17:40 - 18:25 Daniele
19:00		F. POWER BODY 18:30 - 19:30 Luca	F. PILATES 18:40 - 19:25 Antonio		F. ACQUAFITNESS 18:30 - 19:15 Daniela	F. SKILLBIKE 18:30 - 19:15 Carlotta	F. PILATES REFORMER 18:30 - 19:15 Daniele
20:00		F. HERO TRAINING 19:30 - 20:00 Luca	F. MOBILITY TONE 19:25 - 20:10 Daniele		F. HYDROBIKE 19:15 - 20:00 Daniela		F. PILATES REFORMER 19:30 - 20:15 Antonio
21:00		F. HYROX TRAINING 20:15 - 21:00 Daniele					
22:00							

MARTEDÌ

	GYM FLOOR	SALA 1	SALA 3	SALA 4	PISCINA	SKILLBIKE AREA	STUDIO PILATES
07:00		F. TOTAL BODY 07:15 - 07:55 Carlotta					
08:00		F. NTC 08:00 - 08:45 Carlotta					F. PILATES REFORMER 07:30 - 08:15 Andrea P
09:00		F. TOTAL BODY 09:00 - 09:45 Laura	F. PILATES MAT 08:20 - 09:05 Andrea P		PISCINA 2		
10:00		F. STEP & TONE 10:00 - 10:45 Laura	F. POSTURALE 10:00 - 10:45 Davide	F. POSTURALE MEZIÉRÈS 09:45 - 10:30 Daniele	F. HYDROBIKE 09:10 - 09:55 Debora	F. SKILLBIKE 09:00 - 09:45 Carlotta	F. PILATES REFORMER 09:15 - 10:00 Andrea P
11:00		F. BACK SCHOOL 10:45 - 11:30 Daniele	F. POSTURALE 10:50 - 11:35 Davide		PISCINA 1		
12:00		F. GLUTEI ABS 11:35 - 12:20 Carlotta	F. PILATES MAT 11:40 - 12:25 Andrea P		F. ACQUAFITNESS 10:15 - 11:00 Andrea P		F. PILATES REFORMER 11:15 - 12:00 Debora
13:00		F. PREPUGILISTICA 12:30 - 13:15 Oskar	F. STRETCHING 12:30 - 13:15 Carlotta				
14:00							
15:00							
16:00							
17:00							
18:00	GYM OUTDOOR				PISCINA 2		F. PILATES REFORMER 17:30 - 18:15 Debora
19:00	CALISTHENICS Andrea e Gianluca 17:30 - 19:00 base 19:00 - 20:30 esperti	F. TOTAL BODY 18:40 - 19:25 Daniele	F. YOGA VINYASA 18:00 - 19:15 Giorgia		F. ACQUAFITNESS 18:30 - 19:15 Debora		
20:00		F. CIRCUIT TRAINING 19:30 - 20:15 Daniele	F. PILATES 19:20 - 20:05 Claudia M.				F. PILATES REFORMER 19:30 - 20:15 Debora
21:00							
22:00							

MERCOLEDÌ

	GYM FLOOR	SALA 1	SALA 3	SALA CORSI	PISCINA	SKILLBIKE AREA	STUDIO PILATES
07:00		F. TOTAL ABDOMINAL 07:15 - 07:55 Andrea	F. POSTURALE 07:15 - 08:00 Francesca				
08:00		F. BODY SCULP 08:00 - 08:45 Andrea	F. POSTURALE 08:15 - 09:00 Francesca				
09:00	F. FUNCTIONAL TRAINING 09:00 - 09:45 Andrea		F. POSTURALE 09:05 - 09:50 Gianluca	F. PILATES SCHIENA 09:15 - 10:00 Francesca	PISCINA 1		F. PILATES REFORMER 09:00 - 09:45 Elena
10:00	F. GLUTEI ABS 10:00 - 10:45 Andrea	F. TAI CHI PER LA SALUTE 10:00 - 11:10 Guido	F. SALUTE DINAMICA 10:05 - 10:50 Gianluca	F. GINNASTICA DOLCE 10:00 - 10:50 Francesca	F. ACQUAFITNESS 10:30 - 11:15 Claudia M		F. PILATES REFORMER 10:00 - 10:45 Elena
11:00		F. BALLI DI GRUPPO 11:15 - 12:15 Sabrina	F. PILATES MAT 11:00 - 11:45 Elena		PISCINA 2		
12:00		F. HIIT 12:30 - 13:15 Carlotta			F. RIEDUCAZIONE 11:15 - 12:00 Andrea M		
13:00					F. ACQUA CIRCUIT 12:00 - 12:45 Andrea M.		
14:00					F. HYDROBIKE 13:00 - 13:45 Andrea M	F. SKILLBIKE 13:30 - 14:15 Carlotta	
15:00							
16:00							
17:00				SALA 4			F. PILATES REFORMER 16:50 - 17:35 Antonio
18:00			F. PILATES 17:30 - 18:15 Carlotta	F. POSTURALE MEZIÈRÈS 17:45 - 18:30 Antonio	PISCINA 2		F. PILATES REFORMER 17:40 - 18:25 Daniele
19:00		F. HIIT 18:30 - 19:15 Carlotta	F. PILATES 18:40 - 19:25 Antonio		F. ACQUAFITNESS 18:30 - 19:15 Daniela		F. PILATES REFORMER 18:30 - 19:15 Daniele
20:00		F. PUMP 19:30 - 20:20 Alessia	F. MOBILITY TONE 19:25 - 20:10 Daniele		F. HYDROBIKE 19:15 - 20:00 Daniela		F. PILATES REFORMER 19:30 - 20:15 Antonio
21:00		F. HYROX TRAINING 20:20 - 21:05 Daniele					
22:00							

GIOVEDÌ

	GYM FLOOR	SALA 1	SALA 3	SALA 4	PISCINA	SKILLBIKE AREA	STUDIO PILATES
07:00							
08:00		F. TOTAL BODY 07:15 - 07:55 Carlotta					F. PILATES REFORMER 07:30 - 08:15 Andrea P
09:00		F. NTC 08:00 - 08:45 Carlotta	F. PILATES MAT 08:20 - 09:05 Andrea P		PISCINA 2		F. PILATES REFORMER 09:15 - 10:00 Andrea P
10:00		F. TOTAL BODY 09:00 - 09:45 Laura		F. POSTURALE MEZIERES 09:45 - 10:30 Daniele	F. HYDROBIKE 09:10 - 09:55 Debora	F. SKILLBIKE 09:00 - 09:45 Carlotta	
11:00		F. STEP & TONE 10:00 - 10:45 Laura	F. POSTURALE 10:00 - 10:45 Davide		PISCINA 1		F. PILATES REFORMER 11:15 - 12:00 Debora
12:00		F. BACK SCHOOL 10:45 - 11:30 Daniele	F. POSTURALE 10:50 - 11:35 Davide		F. ACQUAFITNESS 10:15 - 11:00 Andrea P		
13:00		F. GLUTEI ABS 11:35 - 12:20 Carlotta	F. PILATES MAT 11:40 - 12:25 Andrea P				
14:00		F. PREPUGILISTICA 12:30 - 13:15 Oskar	F. STRETCHING 12:30 - 13:15 Carlotta				
15:00							
16:00							
17:00							
18:00		F. G.A.G 17:45 - 18:30 Claudia DM					F. PILATES REFORMER 17:30 - 18:15 Debora
19:00	GYM OUTDOOR	F. TOTAL BODY 18:40 - 19:25 Claudia DM	F. VINYASA YOGA 18:00 - 19:15 Giorgia		PISCINA 2		
20:00	CALISTHENICS Andrea e Gianluca 17:30 - 19:00 base 19:00 - 20:30 esperti	F. FIT BOXE 19:30 - 20:15 Claudia DM	F. PILATES 19:20 - 20:05 Claudia M.		F. HYDROBIKE 18:30 - 19:15 Debora		F. PILATES REFORMER 19:35 - 20:20 Daniele
21:00					F. ACQUAFITNESS 19:15 - 20:00 Debora		
22:00							

VENERDÌ

	GYM FLOOR	SALA 1	SALA 3	SALA CORSI	PISCINA	SKILLBIKE AREA	STUDIO PILATES
07:00							
08:00		F. TOTAL ABDOMINAL 07:15 - 07:55 Andrea	F. POSTURALE 07:15 - 08:00 Francesca				
09:00	F. FUNCTIONAL TRAINING 09:00 - 09:45 Andrea	F. BODY SCULP 08:00 - 08:45 Andrea	F. POSTURALE 08:15 - 09:00 Francesca				
10:00			F. POSTURALE 09:05 - 09:50 Gianluca	F. PILATES SCHIENA 09:15 - 10:00 Francesca	PISCINA 1		F. PILATES REFORMER 09:00 - 09:45 Elena
11:00	F. TOTAL BODY 10:00 - 10:45 Arianna	F. GINNASTICA SOFT 10:00 - 10:45 Andrea	F. SALUTE DINAMICA 10:05 - 10:50 Gianluca	F. GINNASTICA POSTURALE 10:00 - 10:15 Francesca	F. ACQUAFITNESS 10:20 - 11:05 Francesca P		F. PILATES REFORMER 10:00 - 10:45 Elena
12:00			F. PILATES MAT 11:15 - 11:45 Elena		PISCINA 2		
13:00		F. HIIT 12:30 - 13:15 Carlotta			F. RIEDUCAZIONE 11:15 - 12:00 Andrea M		
14:00					F. ACQUA CIRCUIT 12:00 - 12:45 Andrea M.		
15:00					F. HYDROBIKE 13:00 - 13:45 Andrea M	F. SKILLBIKE 13:30 - 14:15 Carlotta	
16:00							
17:00		F. ZUMBA 17:15 - 18:00 Giovanni					
18:00		F. TOTAL BODY 18:00 - 18:45 Giovanni	F. PILATES 17:45 - 18:30 Daniele				F. PILATES REFORMER 17:00 - 17:45 Daniele
19:00		F. PILATES ATHLETIC 18:45 - 19:30 Daniele			PISCINA 2		
20:00	F. HYROX TRAINING 19:40 - 20:30 Daniele	F. PUMP 19:30 - 20:20 Alessia	SPECIAL CLASS		F. HYDROBIKE 19:30 - 20:15 Daniela		
21:00			F. SATI DYNAMIC 20:30 - 22:00 Evi				
22:00							

SABATO

	GYM FLOOR	SALA 1	SALA 3	SALA 4	PISCINA	SKILLBIKE AREA	STUDIO PILATES
07:00							
08:00							
09:00	F. ABS GLUTEI 08:45 - 09:30 Andrea	F. ZUMBA 09:15 - 10:00 Laura	F. PILATES 09:45 - 10:30 Debora		PISCINA 1 F. ACQUAFITNESS 08:45 - 09:30 Debora	F. SKILLBIKE LONG RIDE 08:15 - 09:30 Daniele	F. PILATES REFORMER 10:45 - 11:30 Debora
10:00	F. CROSS TRAINING 09:45 - 10:30 Andrea	F. TOTAL BODY 10:15 - 11:00 Laura	F.QI GONG 10:45 - 11:30 Maurizio	F. POSTURALE MEZIÈRES 10:45 - 11:30 Daniele			
11:00		F. LOW BODY 11:15 - 12:00 Laura	F.QI GONG 11:30 - 12:15 Maurizio				
12:00							
13:00							
14:00							
15:00							
16:00							
17:00					PISCINA 2 F. HYDROBIKE 17:15 - 18:00 Edoardo / Andrea		
18:00					F. HYDROBIKE 18:00 - 18:45 Edoardo / Andrea		
19:00							
20:00							
21:00							
22:00							

DOMENICA

GYM FLOOR

SALA 1

SALA 3

SALA 4

PISCINA

SKILLBIKE AREA

STUDIO PILATES

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

F. PUMP

09:30 - 10:20 Alessia

F. STEP FOR ALL

10:30 - 11:15 Alessia

F. TOTAL BODY

11:20 - 12:05 Claudia M.

PISCINA 1

F. ACQUAFITNESS

10:15 - 11:00 Claudia M