



GROUP EXERCISE



Valido dal 07-09 al 13-09

e-mail: info@palestrazerofitness.it

Infoline : 0678349832 - 340.9519617

LUNEDÌ		
Orario	Classi	Sala
08.20	Hydrobike	Zero Swimming Pool
09.10	Ginnastica Dolce	Fitness Room 2
09.20	Boot Camp	Fitness Room 1
10.30	Acqua Tone	Zero Swimming Pool
10.30	Posturale	Fitness Room 1
10.30	Pump	Fitness Room 2
11.30	Posturale	Fitness Room 1
11.30	Gag	Fitness Room 2
13.30	Acqua Gag	Zero Swimming Pool
13.30	Pilates Stretching	Fitness Room 2
13.30	Indoor Cycling	Indoor Cycling
17.00	Zumba	Fitness Room 2
18.00	Interval Training	Fitness Room 1
18.00	Pilates Fit	Fitness Room 2
19.00	ATHX cat. Open	Fitness Room 1
19.00	Cardio Pump	Fitness Room 2
19.00	Striding	Striding
19.00	Indoor Cycling	Indoor Cycling
19.20	Acqua Tone	Zero Swimming Pool
20.00	ATHX cat. PRO	Fitness Room 1
20.00	Yoga Lates	Fitness Room 2
20.10	Acqua Gag*	Zero Swimming Pool
*lezione senza prenotazione		

MARTEDÌ		
Orario	Classi	Sala
09.00	Pump	Fitness Room 1
09.50	Stretching (30 min)	Fitness Room 1
10.20	Acqua Lates Tone	Zero Swimming Pool
11.10	Acqua Training	Zero Swimming Pool
11.30	Total Body	Fitness Room 2
12.30	Gag&Stretching	Fitness Room 2
13.30	Body Sculpt	Fitness Room 2
13.30	Trx	Fitness Room 1
18.00	Posturale	Fitness Room 1
18.00	Ginnastica Generale	Fitness Room 2
18.00	Indoor Cycling	Indoor Cycling
19.00	Pilates	Fitness Room 1
19.00	Preatletica	Fitness Room 2
19.10	Striding	Striding
19.20	Acqua Fitness	Zero Swimming Pool
20.00	Calisthenics	Fitness Room 1
20.00	X Pump	Fitness Room 2
20.10	Hydrobike	Zero Swimming Pool

MERCOLEDÌ		
Orario	Classi	Sala
08.20	Hydrobike	Zero Swimming Pool
09.10	Ginnastica Dolce	Fitness Room 1
10.15	Acqua Gag	Zero Swimming Pool
10.30	Pilates	Fitness Room 1
10.30	Gag	Fitness Room 2
11.10	Functional Bike	Zero Swimming Pool
11.30	Posturale	Fitness Room 1
11.30	Dance Fitness	Fitness Room 2
12.30	Pump	Fitness Room 2
13.30	Pilates	Fitness Room 1
13.30	Indoor Cycling	Indoor Cycling
13.30	Acqua Tone	Zero Swimming Pool
17.00	TRX	Fitness Room 1
18.00	Posturale	Fitness Room 1
18.00	Body Conditioning	Fitness Room 2
18.00	Cycle Gym	Indoor Cycling
19.00	HYROX cat. Open	Fitness Room 1
19.00	Cardio Hiit	Fitness Room 2
19.15	Indoor Cycling	Indoor Cycling
19.20	Acqua Training	Zero Swimming Pool
20.00	HYROX cat. PRO	Fitness Room 1
20.00	Prepugilistica	Fitness Room 2
20.10	Acqua Gag*	Zero Swimming Pool
*lezione senza prenotazione		

Orario Sala Attrezzi & Cardio	
Dal Lun. al Ven.	07.00 - 22.00
Sabato :	07.00 - 18.30
Domenica :	09.00 - 13.30
Orari Nuoto Libero: *1° orario nuoto libero alle 6.20 solo lunedì e giovedì	
Lun-Merc-Gio	6.20* - 7.00 - 8.10 - 9.20 - 10.20 - 11.20 - 12.20 - 13.20 - 14.20 - 15.10 (50 minuti)* - 19.20 - 20.10 - 21.00(50 minuti)
Mar - Ven	7.00 - 8.10 - 9.20 - 10.20 - 11.20 - 12.20 - 13.20 - 14.20 - 15.20 - 16.20 - 17.20 - 18.20 - 19.20 - 20.10 - 21.00**
Sabato :	7.10 - 8.10 - 9.10 - 10.10 - 11.10 - 12.10 - 13.10 - 14.20 - 15.20 - 16.20 - 17.20
Domenica :	9.10 - 10.10 - 11.20 - 12.30

ORARI APERTURA CLUB:		Termine attività
Lunedì e Giovedì : 06.20 - 22.30		ore 22.00
Martedì, Mercoledì e Venerdì: 07.00 - 22.30		ore 22.00
Sabato: 07.00 - 19.00		ore 18.30
Domenica: 09.00 - 14.00		ore 13.30
E' obbligatoria la prenotazione per le seguenti attività: tutte le lezioni di acquagym, hydrobike e nuoto libero bungeefly, cycle gym, indoor cycling, pilates flex cardio pump del lunedì alle 19, striding, trx e yoga fly.		
APP IOS: WELLNESS IN CLOUD APP ANDROID: ZERO FITNESS ROMA		

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GROUP EXERCISE



GIOVEDÌ

Orario	Classi	Sala
07.30	Funzionale	Fitness Room 1
09.00	Total Body	Fitness Room 2
09.50	Stretching (30 min)	Fitness Room 2
10.20	Acqua Lates Tone	Zero Swimming Pool
11.10	Acqua Training	Zero Swimming Pool
11.30	Total Body	Fitness Room 2
12.30	Gag&Stretching	Fitness Room 2
13.30	Interval Metabolic	Fitness Room 1
18.00	Posturale	Fitness Room 1
18.00	Ginnastica Generale	Fitness Room 2
18.00	Indoor Cycling	Indoor Cycling
19.00	Pilates Stretching	Fitness Room 1
19.00	Preatletica	Fitness Room 2
19.10	Striding	Striding
19.20	Acqua Gag	Zero Swimming Pool
20.00	X Pump	Fitness Room 2
20.00	Calisthenics	Fitness Room 1
20.10	Hydrobike	Zero Swimming Pool

VENERDÌ

Orario	Classi	Sala
09.20	Acqua Treadmill*	Zero Swimming Pool
09.30	Preatletica	Fitness Room 1
10.00	Pilates	Fitness Room 2
10.30	Acqua Gag	Zero Swimming Pool
11.00	Posturale	Fitness Room 2
11.30	Trx	Fitness Room 1
12.30	Gag	Fitness Room 2
13.30	Pump	Fitness Room 2
13.30	Acqua Fitness	Zero Swimming Pool
17.00	Trx	Fitness Room 1
18.00	Pilates	Fitness Room 1
18.00	Workout Metabolic	Fitness Room 2
18.00	Cycle Gym	Indoor Cycling
19.00	Pump	Fitness Room 2
19.10	Bungee Fly	Fitness Room 1
19.15	Indoor Cycling	Indoor Cycling
19.20	Acqua Fitness	Zero Swimming Pool
20.00	Yoga Lates	Fitness Room 2
20.10	Hydrobike	Zero Swimming Pool

SABATO

Orario	Classi	Sala
09.00	Flex Ability	Fitness Room 2
10.00	Pilates Flex	Fitness Room 1
10.00	Interval Metabolic	Fitness Room 2
11.00	Cardio Hiit	Fitness Room 1
11.00	Gag	Fitness Room 2
11.00	Indoor Cycling	Indoor Cycling
12.00	Bodyfly Bamboo	Fitness Room 1
12.00	Pump	Fitness Room 2
12.00	Striding	Striding
13.00	Prepugilistica	Fitness Room 2
13.10	Acqua Total Body *	Zero Swimming Pool
*lezione senza prenotazione		

DOMENICA

Orario	Classi	Sala
11.00	Lezione a Rotazione	

Infoline [06/78349832](tel:0678349832)
E-Mail : info@palestrazerofitness.it

Si raccomanda di rispettare l'orario di inizio e fine delle classi per evitare infortuni dovuti ad un riscaldamento e defaticamento inadeguati.

****Acqua Treadmill: Lezione a pagamento, costo euro 5. Prenotazione al desk o telefonicamente a partire dalle ore 10.00 del giorno precedente.**

Orario Sala Attrezzi & Cardio :

Dal Lun. al Ven. 07.00 - 22.00

Sabato : 07.00 - 18.30

Domenica : 09.00 - 13.30

Orario Nuoto Libero : *1° orario nuoto libero alle 6.20 solo lunedì e giovedì

Lun-Merc-Gio 6.20* - 7.00 - 8.10 - 9.20 - 10.20 - 11.20 - 12.20 - 13.20 - 14.20 - 15.10 (50 minuti)* - 19.20 - 20.10 - 21.00(50 minuti)

Mar - Ven 7.00 - 8.10 - 9.20 - 10.20 - 11.20 - 12.20 - 13.20 - 14.20 - 15.20 - 16.20 - 17.20 - 18.20 - 19.20 - 20.10 - 21.00**

Sabato : 7.10 - 8.10 - 9.10 - 10.10 - 11.10 - 12.10 - 13.10 - 14.20 - 15.20 - 16.20 - 17.20

Domenica : 9.10 - 10.10 - 11.20 - 12.30

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Domenica: 09.00 - 14.00	ore 13.30

E' obbligatoria la prenotazione per le seguenti attività:
tutte le lezioni di acquagym, hydrobike e nuoto libero
bungeefly, cycle gym, indoor cycling, pilates flex
cardio pump del lunedì alle 19, striding, trx e yoga fly.
APP IOS: WELLNESS IN CLOUD | APP ANDROID: ZERO FITNESS ROMA

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