



CIRCOLO TENNIS BELLE ARTI 1938

ROMA



ORARI STAGIONE 2024-2025

NUOTO LIBERO

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENEDI'	SABATO	DOMENICA
07.00 - 15.00 19.15 - 21.15	07.00 - 15.00 19.15 - 21.15	07.00 - 15.00 19.15 - 21.15	07.00 - 15.00 19.15 - 21.15	07.00 - 15.00 19.15 - 21.15	07.00 - 09.00 14.00 - 20.00	08.00 - 14.00

FITNESS IN PISCINA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENEDI'	SABATO
	ACQUA FITNESS 07.40 - 08.30 CHIARA		ACQUA FITNESS 07.40 - 08.30 CHIARA		
ACQUA FITNESS 09.00 - 09.50 YLENIA	FUNCTIONAL WATER 09.00 - 09.50 CHIARA	ACQUA FITNESS 08.30 - 09.20 YLENIA	FUNCTIONAL WATER 09.00 - 09.50 CHIARA	ACQUA FITNESS 09.00 - 09.50 YLENIA	ACQUA FITNESS 09.30 - 10.15 CHIARA
ACQUA GAG 13.30 - 14.20 CHIARA	ACQUA FITNESS 13.30 - 14.20 VITTORIANA	FUNCTIONAL WATER 13.30 - 14.20 CHIARA	ACQUA FITNESS 13.30 - 14.20 CHIARA	ACQUA TABATA 13.30 - 14.20 CHIARA	
ACQUA TABATA 19.00 - 19.50 VITTORIANA	ACQUA FITNESS 19.00 - 19.50 VITTORIANA	ACQUA TABATA 19.00 - 19.50 VITTORIANA	ACQUA FITNESS 19.00 - 19.50 VITTORIANA	FUNCTIONAL WATER 19.00 - 19.50 CHIARA	

FITNESS IN PALESTRA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENEDI'	SABATO
PILATES 10.00 - 10.50 YLENIA	PILATES 12.30 - 13.20 YLENIA	PILATES 09.30 - 10.20 YLENIA	PILATES 12.30 - 13.20 YLENIA		POSTURALE 11.00 - 11.50 YLENIA
TRUE POWER YOGA 13.40 - 14.30 RAFFAELLA	TOTAL BODY 13.30 - 14.20 YLENIA	TRUE POWER YOGA 13.40 - 14.30 RAFFAELLA	CIRCUIT TRAINING 13.30 - 14.30 YLENIA	TOTAL BODY 13.30 - 14.20 YLENIA	CIRCUIT TRAINING 12.00 - 12.50 YLENIA
CROSS TRAINING 18.30 - 19.20 DAVID	FOCUS G.A.G. 17.10 - 17.40 DARIO	CROSS TRAINING 18.30 - 19.20 DAVID	FOCUS G.A.G. 17.10 - 17.40 DARIO	CROSS TRAINING 18.30 - 19.20 DAVID	
BOXE 19.30 - 20.20 DAVID	CIRCUIT TRAINING 19.30 - 20.30 DARIO	BOXE 19.30 - 20.20 DAVID	CIRCUIT TRAINING 19.30 - 20.30 DARIO	BOXE 19.30 - 20.20 DAVID	