

NATI PER MUOVERSI

PRENOTA I CORSI
TRAMITE L'APP



SETTEMBRE 2025

CORSI FITNESS

115

10

11

13⁴⁵

17

18

19

20

21

LUNEDI

LES MILLS

BODYATTACK

JUMP

LES MILLS

Strength Development

INTENSIVE GAG

MARTEDI

IN PWZ

POWER CAGE

TRXFUSION

FUNCTIONAL TR.

MERCOLEDI

LES MILLS

BODYPUMP

LES MILLS

BODYBALANCE

LES MILLS

BODYATTACK

LES MILLS

BODYPUMP

GIOVEDI

IN PWZ

FLEX & CORE

**KETTLEBELL
CONDITIONING**

FUNCTIONAL TR.

VENERDI

FUNCTIONAL TR.

JUMP

LES MILLS

BODYATTACK

GROUP CYCLING LUNEDI - MERCOLEDI - VENERDI ORE 19:30 ♦ MARTEDI - GIOVEDI ORE 14:00

SINTESI SOCIETÀ SPORTIVA DILETTANTISTICA ARL - INFO@SINTESISSDARL.IT - TEL. 081 8277909



	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8	REFORMER	REFORMER NEW IYENGAR YOGA 08:30		REFORMER IYENGAR YOGA 08:30	REFORMER NEW	
9	REFORMER	REFORMER			REFORMER	REFORMER
10		PILATES REFORMER		POSTURALE REFORMER	PILATES REFORMER NEW	REFORMER
11		PILATES REFORMER		POSTURALE REFORMER	PILATES REFORMER NEW	REFORMER
12		REFORMER	REFORMER		REFORMER	
13 ³⁰	REFORMER IYENGAR YOGA	REFORMER	REFORMER IYENGAR YOGA	REFORMER	REFORMER	
14 ³⁰	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
16	REFORMER	REFORMER	REFORMER NEW		REFORMER	
17	REFORMER	PILATES	REFORMER	REFORMER POSTURALE	PILATES	
18	REFORMER POSTURALE JR YOGA JR	REFORMER	REFORMER YOGA JR	REFORMER POSTURALE JR	REFORMER	
19	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	POSTURALE	REFORMER PILATES	
20	REFORMER PILATES	PILATES	REFORMER PILATES	POSTURALE	PILATES	



PRENOTA I CORSI
TRAMITE L'APP
"WELLTEAM"





NATIPERMUOVERSI

PRENOTA I CORSI
TRAMITE L'APP



A.S. 2025/26

FITNESS IN ACQUA

ATTIVITÀ GINNICO MOTORIE ACQUATICHE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	ENERDI	SABATO
8	ACQUA FITNESS			ACQUA FITNESS		
9	ACQUAMI	ACQUAMI	ACQUAMI	ACQUAMI	ACQUAMI	ACQUAMI
10	ACQUAMI	ACQUA BIKE ⁺	ACQUAMI	ACQUAMI	ACQUA FITNESS	ACQUA FITNESS
11	ACQUA FITNESS	ACQUAMI	LES MILLS AQUADYNAMIC	ACQUA FITNESS	ACQUAMI	
13 ³⁰	ACQUA FITNESS	LES MILLS AQUADYNAMIC	ACQUA BIKE ⁺	ACQUA FITNESS	ACQUA BIKE ⁺	ACQUA FITNESS
18 ³⁰		LES MILLS AQUADYNAMIC		ACQUA FITNESS		
19 ²⁰	ACQUA FITNESS	ACQUA BIKE ⁺	ACQUA FITNESS	ACQUA BIKE ⁺	ACQUA FITNESS	
20 ¹⁰	ACQUA BIKE ⁺	ACQUA FITNESS	ACQUA BIKE ⁺	LES MILLS AQUADYNAMIC	ACQUA BIKE ⁺	
21	ACQUA CIRCUIT		ACQUA CIRCUIT		ACQUA CIRCUIT	



	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
16.20		JU JITSU		JU JITSU	
17.00		FUNCTIONAL JR	FUNCTIONAL JR NEW	FUNCTIONAL JR	FUNCTIONAL JR NEW
17.20		JU JITSU		JU JITSU	
17.30	YOGA JR		YOGA JR		
18.00	POSTURALE JR	FUNCTIONAL JR		FUNCTIONAL JR POSTURALE JR	
18.20		JU JITSU		JU JITSU	
18.30	TAEKWONDO NEW		TAEKWONDO NEW		TAEKWONDO NEW
19.20		JU JITSU		JU JITSU	
19.30	TAEKWONDO		TAEKWONDO		TAEKWONDO
20.30	KICK BOXING		KICK BOXING		KICK BOXING
21.30	KICK BOXING NEW		KICK BOXING NEW		KICK BOXING NEW

TAEKWONDO COD. 321
 JU JITSU COD 143