

CORSI

GYM



GINNASTICA PER TUTTI COD. 115

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8	LES MILLS VIRTUAL RPM NEW 45MIN		LES MILLS VIRTUAL THE TRIP NEW 45MIN		LES MILLS VIRTUAL RPM NEW 45MIN	
9		LES MILLS VIRTUAL sprint NEW 30MIN				LES MILLS VIRTUAL THE TRIP NEW 45MIN
10	LES MILLS BODYBALANCE	FLEX & TONE	TRX FUSION	FLEX & CORE	POWER STRENGHT	LES MILLS VIRTUAL sprint NEW 30MIN
11						LES MILLS VIRTUAL RPM NEW 45MIN
13 ⁴⁵	LES MILLS BODYATTACK	LES MILLS BODYPUMP	FUNCTIONAL TR.	LES MILLS BODYBALANCE	FUNCTIONAL TR.	LES MILLS GROUP CYCLING
14		GROUP CYCLING		GROUP CYCLING		GROUP CYCLING
16		LES MILLS VIRTUAL RPM NEW 45MIN		LES MILLS VIRTUAL THE TRIP NEW 45MIN		
17		LES MILLS VIRTUAL THE TRIP NEW 45MIN		LES MILLS VIRTUAL RPM NEW 45MIN		
18	LES MILLS BODYBALANCE				INTENSIVE GAG	PRENOTA I CORSI CON L'APP "WELLTEAM"
19	JUMP GROUP CYCLING	TRX FUSION		KETTLEBELL	POWER STRENGHT	
20	LES MILLS BODYPUMP GROUP CYCLING	FUNCTIONAL TR.	LES MILLS BODYATTACK GROUP CYCLING	FUNCTIONAL TR.	GROUP CYCLING	
21	POWER GAG		LES MILLS BODYPUMP		LES MILLS BODYATTACK GROUP CYCLING	

SINTESI SOCIETÀ SPORTIVA DILETTANTISTICA arl - info@sintesissdarl.it - tel. 081 8277909



SCARICA L'APP
E ACCEDI CON LE
TUE CREDENZIALI



FITNESS IN ACQUA

ATTIVITÀ GINNICO MOTORIE ACQUATICHE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	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	LESMILLS AQUADYNAMIC	ACQUA FITNESS	ACQUAMI	
13 ³⁰	ACQUA FITNESS	LESMILLS AQUADYNAMIC	ACQUA BIKE +	ACQUA FITNESS	ACQUA BIKE +	ACQUA FITNESS
18 ³⁰		LESMILLS AQUADYNAMIC		ACQUA FITNESS		
19 ²⁰	ACQUA FITNESS	ACQUA BIKE +	ACQUA FITNESS	ACQUA BIKE +	ACQUA FITNESS	
20 ¹⁰	ACQUA BIKE +	ACQUA FITNESS	ACQUA BIKE +	LESMILLS AQUADYNAMIC	ACQUA BIKE +	
21	ACQUA CIRCUIT		ACQUA CIRCUIT		ACQUA CIRCUIT	



PROPAGANDA

NUOTO COD.208

DAL LUNEDI AL SABATO	
VASCA GRANDE	VASCA PICCOLA
15:10	PROPAGANDA
15:40	PROPAGANDA
16:30	PROPAGANDA
17:20	PROPAGANDA
18:10	PROPAGANDA
	18:30 PROPAGANDA*

*TURNO ATTIVO SOLO GIORNI DISPARI

BABY

SABATO
11:00
4 A 8 MESI
11:30
8 A 14 MESI
12:00
14 A 36 MESI
12:30
14 A 36 MESI

A CHI E' RIVOLTO?	IL NUOTO PROPAGANDA E' RIVOLTO AI BAMBINI DAI 3 AI 14 ANNI
COSA METTO NEL BORSONE?	COSTUME, CUFFIA, OCCHIALINI, CIABATTE KIT DOCCIA, TELO, TAPPETINO, PHON
COSA PORTO PER IL NUOTO BABY?	PANNOLINO SWIMMERS, DUE ACCAPPATOI, PANNOLINO, CUFFIA E CIABATTE PER IL GENITORE



	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	REFORMER IYENGAR YOGA	REFORMER	REFORMER IYENGAR YOGA	REFORMER	REFORMER	
14	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"



KIDS
fun
fun

LUNEDI

16.20

17.00

17.20

17.30

YOGA JR

18.00

POSTURALE JR

18.20

TAEKWONDO NEW

19.20

TAEKWONDO

20.30

KICK BOXING

21.30

KICK BOXING NEW

MARTEDI

JU JITSU

FUNCTIONAL JR

JU JITSU

FUNCTIONAL JR

JU JITSU

JU JITSU

KICK BOXING

KICK BOXING NEW

MERCOLEDI

FUNCTIONAL JR NEW

YOGA JR

TAEKWONDO NEW

TAEKWONDO

KICK BOXING

KICK BOXING NEW

GIOVEDI

JU JITSU

FUNCTIONAL JR

JU JITSU

FUNCTIONAL JR **POSTURALE JR**

JU JITSU

JU JITSU

KICK BOXING

KICK BOXING NEW

VENERDI

FUNCTIONAL JR NEW

TAEKWONDO NEW

TAEKWONDO

KICK BOXING

KICK BOXING NEW

TAEKWONDO COD. 321
JU JITSU COD 143

