



Orari stagione 2018 - 2019

NETTUNO CLUB COLLATINA

Piazza Vincenzo Mangano 12 - 00177 Roma (RM)

Tel.: 06 2588446 / 06 21808220

EASY MEDIUM STRONG ACQUAFIT

(G) Sala Giunone; (N) Sala Nettuno; (V) Sala Venere; (OP) Obbligo di prenotazione

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09:00 - 09:50 (V) GAG FITNESS	09:00 - 09:50 (V) POSTURALE FITNESS	09:00 - 09:50 (OP) HYDRO BIKE FITNESS	09:00 - 09:50 (V) POSTURALE FITNESS	09:00 - 09:50 (V) GINN.DOLCE FITNESS	09:30 - 10:30 (V) PILATONE FITNESS
09:00 - 09:50 ACQUA GYM FITNESS	09:00 - 09:50 (V) FITNESS SUPER TONE UP	09:00 - 09:50 (G) (OP) SPINNING FITNESS	09:00 - 09:50 (V) FITNESS SUPER TONE UP	09:00 - 09:50 (OP) HYDRO BIKE FITNESS	
09:00 - 09:50 (N) FITNESS FUNZIONALE	09:00 - 09:50 ACQUA GYM FITNESS	09:00 - 09:50 (N) FIT BALL FITNESS	09:00 - 09:50 (G) (OP) WALKING FITNESS	09:00 - 09:50 (N) FITNESS FUNZIONALE	
	09:00 - 09:50 (G) (OP) WALKING FITNESS		09:00 - 09:50 ACQUA DREN UP FITNESS		
10:00 - 10:50 (OP) HYDRO BIKE FITNESS	10:00 - 10:50 (V) PILATONE FITNESS	10:00 - 10:50 (V) GINN.DOLCE FITNESS	10:00 - 10:50 (V) PILATONE FITNESS	10:00 - 10:50 ACQUA ZUMBA FITNESS	10:30 - 11:20 ZUMBA FITNESS
10:00 - 10:50 (V) POSTURALE FITNESS	10:00 - 10:50 (N) ZUMBA FITNESS	10:00 - 10:50 ACQUA GYM FITNESS		10:00 - 10:50 (V) POSTURALE FITNESS	
				10:30 - 11:20 (N) ZUMBA FITNESS	
11:00 - 11:50 (G) (OP) WELL BACK SYSTEM FITNESS	11:00 - 11:50 HYDRO STEP FITNESS	11:00 - 11:50 (G) (OP) WELL BACK SYSTEM FITNESS	11:00 - 11:50 HYDRO STEP FITNESS	11:00 - 11:50 (G) (OP) WELL BACK SYSTEM FITNESS	11:00 - 11:50 (V) MIX FITNESS
					11:10 - 12:00 ACQUA DREN UP FITNESS
					11:30 - 12:30 (G) (OP) SPINNING FITNESS
13:40 - 14:30 ACQUA GYM FITNESS		13:40 - 14:20 ACQUA GYM FITNESS		13:40 - 14:30 ACQUA GYM FITNESS	
14:20 - 15:10 (V) CIRCUIT TONE FITNESS	14:30 - 15:20 ACQUA GYM FITNESS	14:20 - 15:10 (V) FITNESS TONE UP	14:30 - 15:20 ACQUA DREN UP FITNESS	14:20 - 15:10 (V) FITNESS FUNZIONALE	
16:00 - 16:50 (G) ZUMBA FITNESS	16:00 - 16:50 (V) FITNESS PILATES BARRE'	16:00 - 16:50 (V) TONIFICAZIONE FITNESS	16:00 - 16:50 (V) FITNESS PILATES BARRE'	16:00 - 16:50 (V) TONIFICAZIONE FITNESS	
17:00 - 17:50 (G) (OP) WELL BACK SYSTEM FITNESS	17:30 - 18:20 (V) TONIFICAZIONE FITNESS	17:00 - 17:50 (G) (OP) WELL BACK SYSTEM FITNESS	17:30 - 18:20 (V) TONIFICAZIONE FITNESS	17:00 - 17:50 (G) (OP) WELL BACK SYSTEM FITNESS	
17:10 - 18:00 (V) FIT PUMP		17:10 - 18:00 (V) FIT PUMP		17:10 - 18:00 (V) FIT PUMP	
18:10 - 19:10 (G) (OP) FITNESS FUNZIONALE	18:00 - 18:50 (N) FIT BALL FITNESS	18:10 - 19:00 (N) (OP) FITNESS FUNZIONALE	18:00 - 18:50 (N) FIT BALL FITNESS	18:10 - 19:10 (N) (OP) FITNESS FUNZIONALE	
18:20 - 19:10 (N) POSTURALE FITNESS	18:20 - 19:10 (V) FIT BOXE FITNESS	18:20 - 19:10 (N) POSTURALE FITNESS	18:20 - 19:10 (V) FIT BOXE FITNESS	18:20 - 19:10 (G) (OP) WELL BACK SYSTEM FITNESS	
18:30 - 19:10 (V) (OP) SUPER JUMP FITNESS		18:20 - 19:10 (G) (OP) WELL BACK SYSTEM FITNESS		18:30 - 19:20 (V) (OP) SUPER JUMP FITNESS	
19:15 - 20:10 (N) (OP) CROSSGYM FITNESS	18:50 - 19:20 (N) STRETCHING FITNESS	19:15 - 20:10 (N) (OP) CROSSGYM FITNESS	18:50 - 19:20 (N) STRETCHING FITNESS	19:15 - 20:10 (N) (OP) CROSSGYM FITNESS	
19:20 - 20:10 (G) (OP) WALKING FITNESS	19:00 - 20:00 (G) (OP) SPINNING FITNESS	19:20 - 20:10 (V) PILATONE FITNESS	19:00 - 19:50 (G) (OP) SPINNING FITNESS	19:20 - 20:10 (V) PILATONE FITNESS	
19:20 - 20:10 (V) MIX FITNESS	19:20 - 20:10 ACQUA GYM FITNESS	19:20 - 20:10 (G) (OP) WALKING FITNESS	19:20 - 20:10 (N) PREPUGILISTICA FITNESS	19:20 - 20:10 (OP) HYDRO BIKE FITNESS	
19:20 - 20:10 ACQUA DREN UP FITNESS	19:20 - 20:10 (N) PREPUGILISTICA FITNESS	19:20 - 20:10 ACQUA DREN UP FITNESS	19:20 - 20:10 (V) (OP) SUPER JUMP FITNESS	19:20 - 20:10 (G) (OP) WALKING FITNESS	
	19:20 - 20:10 (V) (OP) SUPER JUMP FITNESS		19:20 - 20:10 HYDRO STEP FITNESS		

20:10 - 21:00 (N) PILATONE FITNESS	20:10 - 21:00 (OP) HYDRO BIKE FITNESS	20:10 - 21:00 ACQUACIRCUIT FITNESS	20:10 - 21:00 (OP) HYDRO BIKE FITNESS		
20:10 - 21:00 (N) TONIFICAZIONE FITNESS	20:15 - 21:05 (V) POSTURALE FITNESS	20:10 - 21:00 (N) PILATONE FITNESS	20:15 - 21:05 (V) POSTURALE FITNESS		
20:10 - 21:00 ACQUA GYM FITNESS	20:15 - 21:05 (N) (OP) FITNESS FUNZIONALE	20:15 - 21:05 (V) TONIFICAZIONE FITNESS	20:15 - 21:05 (OP) FITNESS FUNZIONALE		

NUOTO LIBERO

(G) Vasca grande; (P) Vasca piccola;

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
07:00 - 12:00 corsie 3G/2P	07:00 - 10:50 corsie 2G	07:00 - 12:00 corsie 3G/2P	07:00 - 12:00 corsie 3G	07:00 - 10:50 corsie 2G/2P	
					09:00 - 13:00 corsie 2G
	10:50 - 12:00 corsie 3G/2P			10:50 - 12:00 corsie 3G/2P	
12:00 - 13:00 corsie 1G	12:00 - 13:00 corsie 1G	12:00 - 13:00 corsie 1G	12:00 - 13:00 corsie 1G	12:00 - 13:00 corsie 1G	
13:00 - 15:30 corsie 2G/2P	13:00 - 15:30 corsie 3G/1P	13:00 - 15:30 corsie 3G/1P	13:00 - 15:30 corsie 3G/2P	13:00 - 15:30 corsie 3G/1P	13:00 - 19:00 corsie 3G
15:30 - 20:40 corsie 2G	15:30 - 20:40 corsie 2G	15:30 - 20:10 corsie 2G	15:30 - 20:40 corsie 2G	15:30 - 20:40 corsie 2G	
20:40 - 21:00 corsie 1G	20:40 - 21:00 corsie 1G	20:10 - 22:00 4G/2P	20:40 - 21:00 corsie 1G	20:40 - 21:00 corsie 1G	
21:00 - 22:00 corsie 2G/2P	21:00 - 22:00 corsie 2G/2P		21:00 - 22:00 corsie 2G/2P	21:00 - 22:00 corsie 2G/2P	

SALA PESI

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	
					09:00 - 19:00

SAUNA E BAGNO TURCO

Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09:00 - 21:00	09:00 - 21:00	09:00 - 21:00	09:00 - 21:00	09:00 - 19:00

LA DIREZIONE SI RISERVA IN QUALUNQUE MOMENTO DI APPORTARE MODIFICHE ALL' ORARIO ED ANNULLARE LE LEZIONI NON SUFFICIENTEMENTE FREQUENTATE.
PRENDERE VISIONE DEL REGOLAMENTO INTERNO.

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