



Orari stagione 2018 - 2019
NETTUNO CLUB SAXA RUBRA
 Via Quarto Peperino 10 - 00188 Roma (RM)
 Tel.: 06 33616690 / 06 33611907

EASY MEDIUM STRONG ACQUAFIT

(C) Sala dei Cedri; (P) Sala dei Pini; (B) Sala Belvedere; (R) Sala Rossa; (F) Sala dei Fiori; (OP) Obbligo di prenotazione

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
	07:30 - 08:20 (C) FUNZIONALE fitness		07:30 - 08:20 (C) FUNZIONALE fitness		
09:00 - 09:50 (C) TONIFICAZIONE fitness	09:00 - 09:50 (P) POSTURALE fitness	09:00 - 10:00 (P) YOFIT fitness	09:00 - 09:50 (P) POSTURALE fitness	09:00 - 10:00 (P) YOFIT fitness	
09:00 - 10:00 (P) YOFIT fitness	09:30 - 10:20 (C) STEP fitness	09:00 - 09:50 (C) TONIFICAZIONE fitness	09:30 - 10:20 (C) STEP fitness	09:00 - 09:50 (C) TONIFICAZIONE fitness	
09:00 - 09:50 ACQUA FITNESS fitness	09:30 - 10:20 (OP) HYDROBIKE fitness	09:00 - 09:50 ACQUA AEROBIC fitness		09:00 - 09:50 ACQUA GAG fitness	
10:00 - 10:50 (P) ARMONIA & POSTURA fitness	09:50 - 10:40 (P) PILAFIT fitness	10:00 - 10:50 (P) ARMONIA & POSTURA fitness	09:50 - 10:40 (P) PILAFIT fitness	10:00 - 10:50 (P) ARMONIA & POSTURA fitness	10:00 - 10:50 (C) MACUMBA fitness
			10:00 - 10:50 (OP) HYDROBIKE fitness		
11:00 - 11:50 ACQUAGYM fitness	11:30 - 12:20 (OP) HYDROBIKE fitness	11:00 - 11:50 ACQUA CIRCUIT fitness	11:30 - 12:20 ACQUAGYM fitness	11:00 - 11:50 ACQUA ALTA fitness	11:00 - 12:00 (C) FUNZIONALE fitness
					11:00 - 12:00 (P) YOFIT fitness
					12:00 - 12:50 MACUMBA SPLASH fitness
					12:00 - 12:50 (C) PREPUGILISTICA fitness
13:30 - 14:20 ACQUAGYM fitness	13:30 - 14:20 (P) TOTAL BODY fitness	13:30 - 14:20 (P) CARDIO PUMP fitness	13:30 - 14:20 MACUMBA SPLASH fitness	13:30 - 14:20 (P) STEP & TONE fitness	
13:30 - 14:30 (C) Z-CIRCUIT TRAINING fitness	13:30 - 14:20 MACUMBA SPLASH fitness	13:30 - 14:20 ACQUA CIRCUIT fitness	13:30 - 14:20 (P) CARDIO TONE UP fitness	13:30 - 14:20 ACQUA ALTA fitness	
13:30 - 14:20 (P) STEP & TONE fitness		13:30 - 14:30 (C) Z-MET fitness		13:30 - 14:30 (C) Z-SPARTAN MOBILITY fitness	
14:20 - 15:10 (P) ALLUNGAMENTO GLOBALE fitness	14:20 - 14:50 (P) STRETCHING fitness	14:20 - 15:10 (P) FIT BALL fitness	14:20 - 14:50 (P) STRETCHING fitness	14:20 - 15:10 (P) ALLUNGAMENTO GLOBALE fitness	
17:30 - 18:20 (P) POSTURALE fitness	17:00 - 17:50 (P) FITNESS TOOLS fitness	17:30 - 18:20 (P) POSTURALE fitness	17:00 - 17:50 (P) FITNESS TOOLS fitness	17:30 - 18:20 (P) POSTURALE fitness	
18:20 - 19:10 (P) STEP & TONE fitness	18:00 - 18:50 (C) MACUMBA fitness	18:00 - 18:50 (C) AEROTONE fitness	18:00 - 18:50 (C) MACUMBA fitness	18:00 - 18:50 (C) AEROTONE fitness	
	18:00 - 18:50 (P) ARMONIA & POSTURA fitness	18:20 - 19:10 (P) GAG fitness	18:00 - 18:50 (P) ARMONIA & POSTURA fitness	18:20 - 19:10 (P) CIRCUIT TRAINING fitness	
	18:20 - 19:10 (R) FUNZIONALE fitness		18:20 - 19:10 (R) FUNZIONALE fitness		
19:00 - 19:50 (C) AEROTONE fitness	19:00 - 20:30 (P) YOFIT fitness	19:10 - 20:00 (P) PILAFIT fitness	19:00 - 20:30 (P) YOFIT fitness	19:10 - 20:00 (P) PILAFIT fitness	
19:10 - 20:00 (P) PILAFIT fitness	19:10 - 20:00 (C) CROSSGYM fitness	19:10 - 20:00 ACQUA CIRCUIT fitness	19:10 - 20:00 (C) CROSSGYM fitness	19:10 - 20:00 ACQUA ALTA fitness	
19:10 - 20:00 ACQUAGYM fitness	19:10 - 20:00 (R) UP / DOWN	19:30 - 20:20 (R) BODYWEIGHT fitness	19:10 - 20:00 (OP) HYDROBIKE fitness	19:30 - 20:20 (C) BODYWEIGHT fitness	
19:30 - 20:20 (R) BODYWEIGHT fitness	19:30 - 20:20 ACQUAGYM fitness		19:10 - 20:00 (R) DOWN / UP		
20:00 - 21:30 (C) PREPUGILISTICA fitness	20:00 - 21:00 (C) SALSA fitness	20:00 - 21:30 (C) PREPUGILISTICA fitness	20:00 - 20:50 ACQUAGYM fitness		
20:00 - 20:50 (OP) HYDROBIKE fitness					

NUOTO LIBERO

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
07:00 - 09:00 6 corsie		07:00 - 08:30 6 corsie		07:00 - 09:00 6 corsie		
		08:30 - 09:00 4 corsie				
09:00 - 09:50 2 corsie	09:00 - 10:20 3 corsie	09:00 - 09:20 1 corsia	09:00 - 10:00 6 corsie	09:00 - 09:50 2 corsie	09:00 - 10:00 3 corsie	09:00 - 14:00 7 corsie
		09:20 - 09:50 3 corsie				
09:50 - 11:00 4 corsie	10:20 - 11:30 4 corsie	09:50 - 10:30 4 corsie	10:00 - 10:50 2 corsie	09:50 - 11:50 4 corsie	10:00 - 13:00 2 corsie	
		10:30 - 12:00 2 corsie				
11:00 - 12:00 3 corsie	11:30 - 12:20 2 corsie		10:50 - 11:30 4 corsie			
			11:30 - 12:20 2 corsie			
12:00 - 13:30 6 corsie	12:20 - 13:30 4 corsie	12:00 - 13:30 6 corsie	12:20 - 13:30 4 corsie	11:50 - 13:30 6 corsie		
13:30 - 14:30 3 corsie	13:30 - 14:30 2 corsie	13:30 - 14:30 3 corsie	13:30 - 14:30 2 corsie	13:30 - 14:30 3 corsie	13:00 - 14:00 3 corsie	
14:30 - 16:00 1 corsia	14:30 - 16:00 1 corsia	14:30 - 16:00 1 corsia	14:30 - 16:00 1 corsia	14:30 - 16:00 1 corsia		
16:00 - 17:00 2 corsie	16:00 - 16:40 6 corsie	16:00 - 16:50 4 corsie	16:00 - 16:40 6 corsie	16:00 - 16:40 6 corsie		
	16:40 - 17:50 2 corsie		16:40 - 19:00 1 corsia	16:40 - 17:50 2 corsie		
17:00 - 19:30 1 corsia		16:50 - 17:50 2 corsie				
	17:50 - 19:00 1 corsia	17:50 - 19:20 1 corsia		17:50 - 19:00 1 corsia		
19:30 - 21:30 2 corsie	19:00 - 20:00 3 corsie	19:20 - 20:10 3 corsie	19:00 - 20:20 2 corsie	19:00 - 22:00 2 corsie		
	20:00 - 21:00 1 corsia	20:10 - 21:00 4 corsie	20:20 - 21:10 3 corsie			
21:30 - 22:30 1 corsia	21:00 - 22:00 2 corsie	21:00 - 22:30 1 corsia	21:10 - 22:30 1 corsia			

SALA PESI – CARDIOFITNESS

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
	07:00 - 22:00		07:00 - 22:00			
08:00 - 22:00		08:00 - 22:00		08:00 - 22:00		
					09:00 - 19:00	09:00 - 19:00

SAUNA E BAGNO TURCO

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
	08:00 - 22:00		08:00 - 22:00			
09:00 - 22:00		09:00 - 22:00		09:00 - 22:00		
					10:00 - 19:00	10:00 - 19:00

CAMPI TENNIS

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
08:00 - 21:30	08:00 - 21:30	08:00 - 21:30	08:00 - 21:30	08:00 - 21:30		
					09:00 - 19:00	09:00 - 19:00

CENTRO ESTETICO "ESTHETIQUE"

Per info sul centro ESTHETIQUE chiama lo 06.45433032

Martedì	Mercoledì	Giovedì	Venerdì	Sabato
10:00 - 19:00	10:00 - 19:00	10:00 - 19:00	10:00 - 19:00	10:00 - 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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