

PLANNING CORSI

DAL 6 AL 30 SETTEMBRE 2023

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:00 POWER YOGA Martina - 60'	9:30 WALKING INDOOR Federica A. - 30'	9:00 POWER YOGA Martina - 60'	08:00 YOGATONE Martina V. - 45'	9:45 GYM MIOFASCIALE Sara S- 60'	10:00 STEP Paulo - 45'	09:45 JUMPING FITNESS Krizia /Sara- 45'
10:15 TABATA TONE Lisa M. - 45'	10:15 WALKING INDOOR Federica A. - 30'	10:15 LES MILLS BODYPUMP Lisa M. - 60'	10:00 FUNCIONAL TONE Federica A- 45''	11:00 GLUTEI-ADDOME TONE Lisa M. -30'	10:30 INDOOR CYCLING Giuseppe/Giancarlo-60'	10:40 PILATES Krizia /Sara 45'
11:15 STRETCHING POSTURALE Lisa M. -45'	11:00 FUNCTIONAL TONE Federica A. -45'	11:30 FIT PILATES Lisa M.- 45'	11:00 STRETCHING Federica A- 45	11:30 PILATES Lisa- 30''	11:00 CARDIO GAG Paulo - 60'	11:00 ACQUAGYM Nicoletta- 45'
11:00 ACQUAGYM Noemi- 45'	12:00 GYM MIOFASCIALE Federica A. - 45'	11:00 ACQUAGYM Nicoletta- 45'	13:00 ZUMBA Monica M. - 60'	11:00 ACQUAGYM Federica- 45'	12:00 ACQUAFUSION Luiz- 45'	11:30 INTERVAL FIT Krizia /Sara- 45''
13:00 ACQUATONIC Noemi - 45'	13:00 ZUMBA Monica -60'	13:00 PILATES Lisa M. - 45'	13:00 ACQUAGYM Nicoletta - 45'	13:00 LES MILLS BODYPUMP Lisa M. - 60'	12:15 STRETCHING Paulo - 60'	
13:00 XBALL-TONE Lisa M. -45'	13:00 INDOOR CYCLING Sara S- 60'	13:00 HYDROBIKE Nicoletta- 45'	13:00 INDOOR CYCLING Sara - 60'	13:00 HYDROBIKE Nicoletta- 45'		
	13:00 ACQUA FIT-COMBACT Nicoletta - 45min	18:00 GAG Domenico - 45'	15:00 ACQUA FIT-COMBACT Nicoletta - 45'	15:30 FIT PILATES Sara V. - 60'		18:00 YOGA Monica V- 75'
17:30 GAG Domenico - 45'	15:30 FIT PILATES Noemi -60'	18:30 HYDROBIKE Rossella- 45'	16:30 PILATES FIT Federica- 60'	17:30 RITMO DO BRAZIL Krizia- 60'		
18:30 HYDROBIKE Rossella- 45'	18:30 ACQUAGYM Nicoletta- 45'	19:00 LES MILLS GRIT Domenico -45'	18:45 MOVERO Noemi - 45'	18:30 ACQUAGYM Nicoletta- 45'		
18:30 INDOOR CYCLING Felix - 60'	18:30 TABATA INTERVAL TONE Lisa M. -45'	19:00 H.E.A.T PROGRAM Michele C. 60'	19:30 CIRCUIT TONE Noemi - 45'	18:35 TOTAL TONE Krizia - 60'		
18:30 LES MILLS BODYPUMP Domenico - 45'	19:00 H.E.A.T PROGRAM Michele C. 60'	20:00 LES MILLS BODYPUMP Domenico - 60'				
19:40 TRX Felix - 45' (sala 2)	19:30 PILATES Lisa M. -60'					



Fascia mattino



Fascia pausa pranzo



Fascia pomeridiana/serale

- Bassa intensità
- Media intensità
- Alta intensità
- Acqua

