



SPORTING MILANO 3
HEALTH & LIFESTYLE

DOMENICHE DI GENNAIO

4/1

09:30	JUMPING FITNESS Amelia- 45'
10:20	Nirvana® Nicoletta- 45''
10:30	INDOOR CYCLING Elena- 60'
11:10	INTERVAL FIT Nicoletta- 45''
12:00	PILATES Nicoletta-45'
16:00	ACQUAGYM Javi- 45'

11/1

09:30	JUMPING FITNESS Amelia- 45'
10:20	Nirvana® Nicoletta- 45''
10:30	INDOOR CYCLING Paolo- 60'
11:10	INTERVAL FIT Nicoletta- 45''
12:00	PILATES Nicoletts- 45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'

18/1

09:30	Nirvana® Nicoletta- 45'
10:20	TRX Nicoletta- 45'
11:10	INTERVAL FIT Nicoletta- 45''
12:00	PILATES Nicoletta 45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'

25/1

09:30	Nirvana® Nicoletta- 45'
10:20	TRX Nicoletta- 45'
11:10	INTERVAL FIT Nicoletta- 45''
12:00	PILATES Nicoletta 45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'

PLANNING CORSI

Dal 7 GENNAIO 2026

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA	
9:00 POWER YOGA Martina.- 60'	10:15 WALKING INDOOR Federica A. - 30'	9:00 POWER YOGA Martina- 60'	7:45 YOGATONE Martina .- 45'	09:30 WALKING INDOOR Federica A. - 45'	10:00 STEP Paulo - 45'	09:30 JUMPING FITNESS Amelia- 45'	11/01
10:15 LES MILLS BODYPUMP Lisa M. - 45'	11:00 FUNCTIONAL TONE Federica A. -45'	10:15 SPECIALE ADDOME Lisa M.- 25'	10:00 FUNCTIONAL TONE Federica A- 45''	10:00 GINNASTICA POSTURALE Silvia - 45' dal 15/09	10:30 INDOOR CYCLING Giancarlo/ Paolo-60'	09:30 Nirvana® Nicoletta G. 45'	11/01
11:15 STRETCHING POSTURALE Lisa M. -45'	12:00 GYM MIOFASIALE Federica A. - 45'	10:40 SPECIALE GLUTEI Lisa M.- 20'	11:00 STRETCHING Federica A- 45	11:00 GLUTEI-ADDOME TONE Lisa M. -30'	11:00 CARDIO GAG Paulo - 60'	10:20 TRX Nicoletta- 45'	18/01 25/01
11:00 ACQUAGYM Javi- 45'	13:00 ZUMBA Monica -60'	11:15 PILATES Lisa M.- 45'	13:00 ZUMBA Monica M. - 60'	11:30 PILATES Lisa- 30''	12:00 ACQUAFUSION Nicoletta-45'	10:30 INDOOR CYCLING Giuseppe/Giancarlo- 60'	11/01
13:00 ACQUATONIC Javi- 45'	13:00 INDOOR CYCLING Cristina 60' New	11:00 ACQUAGYM Nicoletta- 45'	13:00 ACQUAGYM Nicoletta - 45'	11:00 ACQUAGYM Federica- 45'	12:15 STRETCHING Paulo - 60'	11:10 INTERVAL FIT Nicoletta- 45''	
13:00 PILATES* Lisa M. -45'	13:00 ACQUA FIT-COMBACT Nicoletta - 45min	13:00 LES MILLS BODYPUMP Lisa M. - 45'	15:00 ACQUA FIT-COMBACT Nicoletta - 45'	13:00 PILATES Lisa 45'		12:00 PILATES Nicoletta 45'	
14:30 GINNASTICA POSTURALE Silvia/ Federica- 50 dal 15/09	15:30 FIT PILATES Noemi 45-'	13:00 HYDROBIKE Nicoletta- 45'	15:00 TRX Federica- 45'	13:00 HYDROBIKE Nicoletta- 45'		16:00 ACQUAGYM Javi- 45'	
18:00 LES MILLS BODYPUMP Domenico - 45'	16:15 FOAM & BOOTY Noemi -45' New	14:30 GINNASTICA POSTURALE Silvia/ Federica- 50 dal 15/09	18:00 WALKING INDOOR Felix - 40' New	15:15 FIT PILATES Sara V. - 60'		18:00 YOGA Monica V- 75'	
18:45 HYDROBIKE NESPOLII- 45'	18:45 ACQUAGYM Nicoletta- 45'	18:00 BOOTY & FOAM Noemi-30' New	18:45 LES MILLS GRIT Felix. 45'	18:00 BRAZUCA FITNESS Krizia-50'			
18:45 INDOOR CYCLING Felix - 60'	18:30 TABATA INTERVAL TONE Lisa M. -45'	18:45 HYDROBIKE NESPOLI- 45'	18:45 LES MILLS GRIT Felix. 45'	18:30 WALKING INDOOR Felix 45' New			
19:00 LES MILLS BODYPUMP Domenico -45'	19:00 H.E.A.T PROGRAM Marzio Sala 60'	18:30 MOVERO noemi - 45'	19:35 STRETCHING CON FOAM ROLLER Felix- 45'	18:45 ACQUAGYM Nicoletta- 45'			
20:00 TRX Felix - 45'	19:30 PILATES Lisa M. -60'	19:00 WALKING INDOOR Federica A. - 45'		18:50 TOTAL TONE Krizia - 60'			
20:00 H.E.A.T PROGRAM Michele C. 60' New		19:15 TOTAL BODY noemi - 45'		19:20 INDOOR CYCLING Felix. - 45' New			
		20:00 ONLY ABS NOEMI - 30' New					



Prenotazione
sempre tramite
app
Technogym app

■ Bassa intensità
■ Media intensità
■ Alta intensità
■ Acqua

*Intensità media

Fascia mattino

Fascia pausa pranzo

Fascia pomeridiana/serale