

# PLANNING CORSI

## Dal 7 GENNAIO 2026

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

VEDERE PLANNING DOMENICHE



Prenotazione sempre tramite app Technogym app

- Bassa intensità
- Media intensità
- Alta intensità
- Acqua

\*Intensità media

Fascia mattino

Fascia pausa pranzo

Fascia pomeridiana/serale