

# PLANNING CORSI DA APRILE 2026

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:00 <b>POWER YOGA</b> Martina.- 60'	10:15 <b>WALKING INDOOR</b> Federica A. - 30'	9:00 <b>POWER YOGA</b> Martina- 60'	7:45 <b>YOGATONE</b> Martina .- 45'	09:30 <b>WALKING INDOOR</b> Federica A. - 45'	9:00 <b>Nirvana®</b> Nicoletta- 45' <b>**11/04 - 18/04</b>	
10:15 <b>LES MILLS BODYPUMP</b> Lisa M. - 45'	11:00 <b>FUNCTIONAL TONE</b> Federica A. - 45'	10:15 <b>SPECIALE ADDOME</b> Lisa M.- 25'	10:00 <b>FUNCTIONAL TONE</b> Federica A- 45''	10:00 <b>GINNASTICA POSTURALE</b> Silvia - 45'	10:00 <b>STEP</b> Paulo - 45'	VEDERE PLANNING DOMENICHE
11:15 <b>STRETCHING POSTURALE</b> Lisa M. - 45'	12:00 <b>GYM MIOFASZIALE</b> Federica A. - 45'	10:40 <b>SPECIALE GLUTEI</b> Lisa M.- 20'	11:00 <b>STRETCHING</b> Federica A- 45	11:00 <b>GLUTEI-ADDOME TONE</b> Lisa M. -30'	10:30 <b>INDOOR CYCLING</b> Giancarlo/ Paolo-60'	
11:00 <b>ACQUAGYM</b> Javi- 45'	13:00 <b>ZUMBA</b> Monica -60'	11:15 <b>PILATES</b> Lisa M.- 45'	13:00 <b>ZUMBA</b> Monica M. - 60'	11:30 <b>PILATES</b> Lisa- 30''	11:00 <b>CARDIO GAG</b> Paulo - 60'	
13:00 <b>ACQUATONIC</b> Javi- 45'	12:30 <b>INDOOR CYCLING</b> Cristina 60'	11:00 <b>ACQUAGYM</b> Nicoletta- 45'	13:00 <b>ACQUAGYM</b> Nicoletta - 45'	11:00 <b>ACQUAGYM</b> Federica- 45'	12:00 <b>ACQUAFUSION</b> Nicoletta- 45'	
13:00 <b>PILATES*</b> Lisa M. - 45'	13:00 <b>ACQUA FIT-COMBACT</b> Nicoletta - 45min	13:00 <b>LES MILLS BODYPUMP</b> Lisa M. - 45'	15:00 <b>ACQUA FIT-COMBACT</b> Nicoletta - 45'	13:00 <b>PILATES</b> Lisa 45'	12:15 <b>STRETCHING</b> Paulo - 60'	
14:30 <b>GINNASTICA POSTURALE</b> Silvia - 50'	15:30 <b>FIT PILATES</b> Noemi 45-'	13:00 <b>HYDROBIKE</b> Nicoletta- 45'	15:00 <b>TRX</b> Federica- 45'	13:00 <b>HYDROBIKE</b> Nicoletta- 45'		*PILATES AVANZATO
18:00 <b>LES MILLS BODYPUMP</b> Domenico - 45'	16:15 <b>FOAM &amp; BOOTY</b> Noemi -45'	14:30 <b>GINNASTICA POSTURALE</b> Silvia - 50'	18:00 <b>WALKING INDOOR</b> Felix - 40'	15:15 <b>FIT PILATES</b> Sara V. - 60'		
18:00 <b>H.E.A.T PROGRAM</b> Michele C. 45'	18:45 <b>ACQUAGYM</b> Nicoletta- 45'	18:00 <b>BOOTY &amp; FOAM</b> Noemi-30'	18:45 <b>LES MILLS GRIT</b> Felix. 45'	18:00 <b>BRAZUCA FITNESS</b> Krizia-50'		
18:45 <b>HYDROBIKE</b> Elena - 45'	18:30 <b>TABATA INTERVAL TONE</b> Lisa M. -45'	18:45 <b>HYDROBIKE</b> Elena - 45'	19:35 <b>STRETCHING CON FOAM ROLLER</b> Felix- 45'	18:30 <b>WALKING INDOOR</b> Felix 45'		
19:00 <b>INDOOR CYCLING</b> Felix - 50'	19:00 <b>H.E.A.T PROGRAM</b> Marzio Sala 60'	18:30 <b>MOVERO</b> noemi - 45'		18:45 <b>ACQUAGYM</b> Nicoletta- 45'		
19:00 <b>LES MILLS BODYPUMP</b> Domenico -45'	19:30 <b>PILATES</b> Lisa M. -60'	19:00 <b>WALKING INDOOR</b> Federica A. - 45'		18:50 <b>TOTAL TONE</b> Krizia - 60'		
20:00 <b>TRX</b> Felix - 45'		19:15 <b>TOTAL BODY</b> noemi - 45'		19:20 <b>INDOOR CYCLING</b> Felix. - 45'		
		20:00 <b>ONLY ABS</b> NOEMI - 30'				



Fascia mattino



Fascia pausa pranzo



Fascia pomeridiana/serale



Prenotazione sempre tramite app Technogym app

- Bassa intensità
- Media intensità
- Alta intensità
- Acqua

\*Intensità media



SPORTING MILANO 3  
HEALTH & LIFESTYLE

# DOMENICHE DI APRILE

5/4

**CHIUSURA**

BUONA  
*Pasqua*

12/4

09:30	<b>JUMPING FITNESS</b> Amelia- 45'
10:20	<b>TRX</b> KRIZIA- 45'
10:30	<b>INDOOR CYCLING</b> Giuseppe - 60'
11:10	<b>INTERVAL FIT</b> KRIZIA- 45''
12:00	<b>PILATES</b> KRIZIA 45'
16:00	<b>ACQUAGYM</b> Javi- 45'
18:00	<b>YOGA</b> Monica V- 75'

19/4

09:30	<b>JUMPING FITNESS</b> Amelia- 45'
10:20	<b>TRX</b> Krizia- 45'
10:30	<b>INDOOR CYCLING</b> Giancarlo 60'
11:10	<b>INTERVAL FIT</b> Krizia- 45''
12:00	<b>PILATES</b> Krizia 45'
16:00	<b>ACQUAGYM</b> Javi- 45'
18:00	<b>YOGA</b> Monica V- 75'

26/4

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