

PLANNING CORSI DA MAGGIO 2026

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

***PILATES AVANZATO**



- Bassa intensità
- Media intensità
- Alta intensità
- Acqua

*Intensità media

Fascia mattino
 Fascia pausa pranzo
 Fascia pomeridiana/serale





SPORTING MILANO 3
HEALTH & LIFESTYLE

DOMENICHE DI MAGGIO

3/5

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

10/5

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

17/5

09:30	JUMPING FITNESS Amelia- 45'
10:20	Nirvana® Nicoletta- 45'
10:30	INDOOR CYCLING Giancarlo 60'
11:10	INTERVAL FIT nicoletta- 45''
12:00	PILATES nicoletta45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'

24/5

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'

31/5

09:30	JUMPING FITNESS Amelia- 45'
10:20	Nirvana® Nicoletta- 45'
11:10	INTERVAL FIT nicoletta- 45''
12:00	PILATES nicoletta45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA