

PLANNING CORSI dal 1 OTTOBRE 2026

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
NEW LES MILLS CEREMONY HYROX SALA NERA FUNZ. 7:30 POWER YOGA Martina.- 60' 10:15 LES MILLS BODYPUMP Lisa M. - 45' 11:15 STRETCHING POSTURALE Lisa M. -45' 11:00 ACQUAGYM Javi- 45' 13:00 ACQUATONIC Javi- 45' 13:00 PILATES Lisa M. -45' 14:30 GINNASTICA POSTURALE Silvia - 50' 18:00 GAG NEW Domenico -45' 18:00 H.E.A.T PROGRAM Michele C. 45' 18:45 HYDROBIKE Elena - 45' 19:00 INDOOR CYCLING Felix - 50' 19:00 LES MILLS BODYPUMP Domenico -45' 20:00 TRX Felix - 45'	9:30 TAI - CHI NEW Nicoletta G. - 40' 10:15 WALKING INDOOR Federica A. - 30' 10:15 Nirvana Nicoletta G. - 40' NEW 11:00 FUNCTIONAL TONE Federica A. - 45' 12:00 GYM MIOFASCIALE Federica A. -45' 13:00 ZUMBA Monica - 60' 13:00 ACQUA FIT-COMBACT Nicoletta - 45min 15:30 FIT PILATES Noemi 45-' 16:15 FOAM & BOOTY Noemi -45' 18:45 ACQUAGYM Nicoletta- 45' 18:45 TABATA INTERVAL TONE Lisa M. -45' 19:00 H.E.A.T PROGRAM Marzio Sala 60' 19:30 PILATES Lisa M. -60' 20:00 LES MILLS CEREMONY HYROX NEW SALA NERA FUNZ.	9:00 POWER YOGA Martina- 60' 10:15 SPECIALE ADDOME Lisa M.- 25' 10:40 SPECIALE GLUTEI Lisa M.- 20' 11:15 PILATES Lisa M.- 45' 11:00 ACQUAGYM Nicoletta- 45' 13:00 LES MILLS BODYPUMP Lisa M. - 45' 13:00 HYDROBIKE Nicoletta- 45' 14:30 GINNASTICA POSTURALE Silvia - 50' 18:00 BOOTY & FOAM Noemi-45' 18:45 HYDROBIKE Elena - 45' 18:45 MOVERO noemi - 45' 19:00 H.E.A.T PROGRAM Michele/Federica. 60' 19:30 LES MILLS CEREMONY HYROX NEW STUDIO noemi	7:45 YOGA PRINCIPANTI Martina - 45' 9:30 TAI - CHI NEW Nicoletta G. - 40' 10:15 Nirvana Nicoletta G. - 40' NEW 11:00 FUNCTIONAL TONE Federica A- 45'' 12:00 STRETCHING Federica A- 45 13:00 ZUMBA Monica M. - 60' 13:00 ACQUAGYM Nicoletta - 45' 15:00 ACQUA FIT-COMBACT Nicoletta - 45' 15:00 TRX Federica- 45' 18:00 WALKING INDOOR Felix - 40' 18:00 PILATES NEW Domenico. -45' 18:45 LES MILLS GRIT Felix. 45' 19:35 STRETCHING CON FOAM ROLLER Felix- 45' 21:00 LES MILLS CEREMONY HYROX NEW SALA NERA FUNZ.	09:30 WALKING INDOOR Felix - 45' 10:00 GINNASTICA POSTURALE SILVIA 11:00 GLUTEI-ADDOME TONE Lisa M. -30' 11:30 PILATES Lisa- 30'' 11:00 ACQUAGYM Sofia - 45' 13:00 HYDROBIKE Nicoletta- 45' 13:00 LES MILLS CEREMONY HYROX NEW SALA NERA FUNZ. 15:00 LES MILLS CEREMONY HYROX NEW STUDIO Krizia. 18:00 BRAZUCA FITNESS Krizia-50' 18:30 WALKING INDOOR Felix 45' 18:45 ACQUAGYM Nicoletta- 45' 18:50 TOTAL TONE Krizia - 60' 19:20 INDOOR CYCLING Felix. - 45'	10:00 STEP Paulo - 45' 10:30 INDOOR CYCLING Giancarlo/ Paolo- 60' 11:00 CARDIO GAG Paulo - 60' 12:00 ACQUAFUSION Nicoletta-45' 12:15 STRETCHING Paulo - 60' 17:00 LES MILLS CEREMONY HYROX NEW SALA NERA FUNZ.	VEDERE PLANNING DOMENICHE

LEGENDA

- Bassa intensità
- Media intensità
- Alta intensità
- Acqua

*Intensità media

Fascia mattino

Fascia pausa pranzo

Fascia pomeridiana/serale

Les Mills Ceremony Hyrox
c/o SALA FUNZIONALE NERA PALESTRA

PRENOTAZIONE

Prenotazione sempre tramite app Technogym app



SPORTING MILANO 3
HEALTH & LIFESTYLE

DOMENICHE OTTOBRE 2026

04/10

9:30 **LES MILLS CEREMONY HYROX STUDIO**
Krizia - 60'

10:20 **TRX**
Krizia - 45'

10:30 **INDOOR CYCLING**
Giancarlo - 60'

11:10 **INTERVAL FIT**
Krizia - 45''

12:00 **PILATES**
Krizia 45'

16:00 **ACQUAGYM**
Javi - 45'

18:00 **YOGA**
Monica V - 75'

11/10

09:30 **Nirvana** **NEW**
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'

18/10

9:30 **LES MILLS CEREMONY HYROX STUDIO**
Krizia - 60'

10:20 **TRX**
Krizia - 45'

10:30 **INDOOR CYCLING**
Paolo - 60'

11:10 **INTERVAL FIT**
Krizia - 45''

12:00 **PILATES**
Krizia 45'

16:00 **ACQUAGYM**
Javi - 45'

18:00 **YOGA**
Monica V - 75'

25/10

09:30 **Nirvana** **NEW**
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'