SPORTING MILANO 3
HEALTH & LIFESTYLE

PLANNING CORSI dal 1 NOVEMBRE 2026

SPORTING MILANO 3
HEALTH & LIFESTYLE

LUNEDÌ

- 7.30 — LesMills CEREMONY HYROX (NEW) — SALA NERA FUNZ.
- 9:00 — POWER YOGA — Martina.- 60'
- 10:15 — LesMills 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 — LesMills BODYPUMP — Domenico -45'
- 20:00 — TRX — Felix - 45'

MARTEDI'

- 9:30 — TAI - CHI (NEW) — Nicoletta G. - 40'
- 10.15 — WALKING INDOOR — Federica A. - 30'
- 10.15 — NirVana (NEW) — Nicoletta G. - 40'
- 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'
- 18:30 — TABATA INTERVAL TONE — Lisa M. -45'
- 19:00 — H.E.A.T PROGRAM — Marzio Sala 60'
- 19:30 — PILATES — Lisa M. -60'
- 20.00 — LesMills CEREMONY HYROX (NEW) — SALA NERA FUNZ.

MERCOLEDI'

- 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 — LesMills 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 — LesMills CEREMONY HYROX STUDIO (NEW) — noemi

GIOVEDI'

- 7:45 — YOGA PRINCIPAINTI — Martina - 45'
- 9:30 — TAI - CHI (NEW) — Nicoletta G. - 40'
- 10.15 — NirVana (NEW) — Nicoletta G. - 40'
- 11.00 — FUNCIONAL 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 — LesMills GRIT — Felix. 45'
- 19:35 — STRETCHING CON FOAM ROLLER — Felix- 45'
- 20.30 — LesMills CEREMONY HYROX (NEW) — SALA NERA FUNZ.

VENERDI'

- 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 — LesMills CEREMONY HYROX (NEW) — SALA NERA FUNZ.
- 15:00 — PILATES — 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'

SABATO

- 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 — LesMills CEREMONY HYROX (NEW) — SALA NERA FUNZ.

DOMENICA

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

Les Mills Ceremony Hyrox
c/o SALA FUNZIONALE NERA PALESTRA

SPORTING MILANO 3
HEALTH & LIFESTYLE

DOMENICHE NOVEMBRE 2026

01/11

09:30 **STRETCHING POSTURALE** NEW
Paulo- 45'

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

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

12:00 **PILATES**
Paulo - 45'

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

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

08/11

LesMILLS CEREMONY HYROX STUDIO
9:30 Krizia. - 60'

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

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

12:00 **PILATES**
Krizia 45'

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

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

15/11

09:30 **STRETCHING POSTURALE** NEW
Paulo- 45'

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

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

12:00 **PILATES**
Paulo - 45'

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

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

22/11

LesMILLS CEREMONY HYROX STUDIO
9:30 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**
Davide - 45'

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

29/11

09:30 **STRETCHING POSTURALE** NEW
Paulo- 45'

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

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

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

12:00 **PILATES**
Paulo - 45'

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

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