



PLANNING CORSI

DAL 15 AL 21 LUGLIO 2024



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:00 POWER YOGA Monica.- 60'	10:15 WALKING INDOOR Felix - 30'			10:00 GYM MIOFASCIALE Lisa- 45'	10:00 STEP Paulo - 45'	09:45 JUMPING FITNESS Krizia /Sara- 45'
10:15 TABATA TONE Lisa M. - 45'	11:00 FUNCTIONAL TONE Felix -45'	10:15 LES MILLS BODYPUMP Lisa M. - 45' <i>New</i>	10:00 FUNCTIONAL TONE Felix- 45''		10:30 INDOOR CYCLING Giuseppe/Giancarlo- 60'	10:40 INTERVAL FIT Krizia /Sara- 60''
11:15 STRETCHING POSTURALE Lisa M. -45'		11:15 PILATES Lisa M.- 45'	11:00 STRETCHING Felix 45'		11:00 CARDIO GAG Paulo - 60'	11:00 ACQUAGYM Nicoletta- 45'
11:00 ACQUAGYM Javi- 45'		11:00 ACQUAGYM Nicoletta- 45'		11:30 GLUTEI-ADDOME TONE Lisa M. -30'	11:00 ACQUAFUSION Javii 45'	11:45 PILATES Krizia /Sara 45'
13:00 ACQUATONIC Javi- 45'		13:00 PILATES Lisa M. - 45'	13:00 ACQUAGYM Nicoletta - 45'	11:00 ACQUAGYM Nicoletta- 45'	12:15 STRETCHING Paulo - 60'	18:00 YOGA Monica V- 75'
13:00 ADVANCED PILATES Lisa M. -45'	13:00 INDOOR CYCLING Felix- 60'	13:00 HYDROBIKE Nicoletta- 45'		13:00 LES MILLS BODYPUMP Lisa M. - 45' <i>New</i>		
	13:00 ACQUA FIT-COMBACT Nicoletta - 45min	15:00 PILATES Sara v. - 45'	15:00 ACQUA FIT-COMBACT Nicoletta - 45'	13:00 HYDROBIKE Nicoletta- 45'		
18:00 GAG Domenico - 60'		18:30 GAG + TONE Domenico - 45'		19:00 MOVERO Noemi - 45'		
18:45 HYDROBIKE Rossella- 45'	18:45 ACQUAGYM Nicoletta- 45'	18:30 HYDROBIKE Rossella- 45'		19:00 H.E.A.T PROGRAM Michele C. 60'	18:00 RITMO DO BRAZIL Krizia-50'	10:30 ✓ DOMENICA 07/07 INDOOR CYCLING Donato M.- 60'
18:45 INDOOR CYCLING Felix - 60'	18:30 TABATA INTERVAL TONE Lisa M. -45'	19:20 LES MILLS GRIT Domenico -45'		19:45 TOTAL BODY Noemi - 45'	18:45 ACQUAGYM Nicoletta- 45'	✓ DOMENICA 21/07 INDOOR CYCLING Giancarlo- 60'
19:00 LES MILLS BODYPUMP Domenico -45'	19:00 H.E.A.T PROGRAM Michele C. 60'				18:50 TOTAL TONE Krizia - 60'	
20:00 TRX Felix - 45'	19:30 PILATES Lisa M. -60'	20:10 LES MILLS BODYPUMP Domenico - 60'				



Fascia mattino
 Fascia pausa pranzo
 Fascia pomeridiana/serale



10:30 ✓ **DOMENICA 07/07 INDOOR CYCLING**
Donato M.- 60'
 ✓ **DOMENICA 21/07 INDOOR CYCLING**
Giancarlo- 60'
 Prenotazione sempre tramite app MyWellness

- Bassa intensità
- Media intensità
- Alta intensità
- Acqua
- Corsi 9-13 anni