



PLANNING CORSI

DAL 1° AL 14 LUGLIO 2024



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:00 POWER YOGA Vittorio P.- 60'	10:15 WALKING INDOOR Federica A. - 30'	9:00 POWER YOGA Monica V- 60'	08:00 YOGATONE Vittorio P.- 45'	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 Federica A. -45'	10:15 LES MILLS BODYPUMP Lisa M. - 45'	10:00 FUNCIONAL TONE Federica A- 45''	10:15 WALKING INDOOR Federica A. - 30'	10:30 INDOOR CYCLING Giuseppe/Giancarlo- 60'	10:40 INTERVAL FIT Krizia /Sara- 60''
11:15 STRETCHING POSTURALE Lisa M. -45'	12:00 GYM MIOFASCIALE Federica A. - 45'	11:15 PILATES Lisa M.- 45'	11:00 STRETCHING Federica A- 45	11:00 GLUTEI-ADDOME TONE Lisa M. -30'	11:00 CARDIO GAG Paulo - 60'	11:00 ACQUAGYM Nicoletta- 45'
11:00 ACQUAGYM Javi- 45'	13:00 ZUMBA Monica -60'	11:00 ACQUAGYM Nicoletta- 45'	13:00 ZUMBA Monica M. - 60'	11:30 PILATES Lisa- 30''	11:00 ACQUAFUSION Javii 45'	11:45 PILATES Krizia /Sara 45'
13:00 ACQUATONIC Javi- 45'	13:00 INDOOR CYCLING Sara S- 60'	13:00 PILATES Lisa M. - 45'	13:00 ACQUAGYM Nicoletta - 45'	11:00 ACQUAGYM Federica- 45'	12:15 STRETCHING Paulo - 60'	18:00 YOGA Monica V- 75'
13:00 ADVANCED PILATES Lisa M. -45'	13:00 ACQUA FIT-COMBACT Nicoletta - 45min	13:00 HYDROBIKE Nicoletta- 45'	13:00 INDOOR CYCLING Sara - 60'	13:00 LES MILLS BODYPUMP Lisa M. - 45'		
18:00 GAG Domenico - 60'	15:30 FIT PILATES Noemi -60'	18:30 GAG + TONE Domenico - 45'	15:00 TRX Federica- 45'	13:00 HYDROBIKE Nicoletta- 45'		
18:45 HYDROBIKE Rossella- 45'	18:45 ACQUAGYM Nicoletta- 45'	18:30 HYDROBIKE Rossella- 45'	15:00 MOVERO Noemi - 45'	15:00 FIT PILATES Sara V. - 60'		
18:45 INDOOR CYCLING Felix - 60'	18:30 TABATA INTERVAL TONE Lisa M. -45'	19:20 LES MILLS GRIT Domenico -45'	19:00 H.E.A.T PROGRAM Michele C. 60'	18:00 RITMO DO BRAZIL Krizia-50'		
19:00 LES MILLS BODYPUMP Domenico -45'	19:00 H.E.A.T PROGRAM Michele C. 60'	19:00 H.E.A.T PROGRAM Michele C. 60'	19:45 TOTAL BODY Noemi - 45'	18:45 ACQUAGYM Nicoletta- 45'		
20:00 TRX Felix - 45'	19:30 PILATES Lisa M. -60'	20:10 LES MILLS BODYPUMP Domenico - 60'		18:50 TOTAL TONE Krizia - 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

