

PLANNING CORSI DA LUNEDÌ 30 SETTEMBRE 2024

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO | DOMENICA |
|---|---|---|---|--|---|---|
| 9:00 POWER YOGA Martina.- 60' | 10:15 WALKING INDOOR Federica A. - 30' | 9:00 POWER YOGA Martina- 60' | 7:45 YOGATONE Martina .- 45' | 9:45 GYM MIOFASCIALE Sara S 60' | 10:00 STEP Paulo - 45' | 09:30 JUMPING FITNESS Krizia /Sara- 45' |
| 9:30 ACQUAGYM Javi- 45' | 11:00 FUNCTIONAL TONE Federica A. -45' | 10:15 CIRCUIT Glutei - Addome - TRX Lisa M.- 45' New | 10:00 FUNCIONAL TONE Federica A- 45'' | 10:15 WALKING INDOOR Federica A. - 30' | 10:30 INDOOR CYCLING Giuseppe/Giancarlo-60' | 10:20 TRX Krizia /Sara- 45' New |
| 10:15 LES MILLS BODYPUMP Lisa -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' | 11:10 INTERVAL FIT Krizia /Sara- 45'' |
| 11:15 STRETCHING POSTURALE Lisa M. -45' | 13:00 ZUMBA Monica -60' | 11:00 ACQUAGYM Nicoletta- 45' | 13:00 ZUMBA Monica M. - 60' | 11:30 PILATES Lisa- 30'' | 12:00 ACQUAFUSION Javii 45' | 11:00 ACQUAGYM Nicoletta- 45' |
| 13:00 ACQUATONIC Javi- 45' | 13:00 INDOOR CYCLING Sara S- 60' | 13:00 LES MILLS BODYPUMP Lisa M. - 45' | 13:00 ACQUAGYM Nicoletta - 45' | 11:00 ACQUAGYM Federica- 45' | 12:15 STRETCHING Paulo - 60' | 12:00 PILATES Krizia /Sara 45' |
| 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 PILATES Lisa 45' | | 18:00 YOGA Monica V- 75' |
| 14:30 GINNASTICA POSTURALE Federica/ silvia - 50' | 15:30 FIT PILATES Noemi -60' | 14:30 GINNASTICA POSTURALE Federica/ Silvia - 50' | 15:00 TRX Federica- 45' | 13:00 HYDROBIKE Nicoletta- 45' | | |
| 18:00 GAG Domenico - 60' | 18:45 ACQUAGYM Nicoletta- 45' | 18:30 MOVERO Noemi-45' | | 15:00 FIT PILATES Sara V. - 60' | | 10:30 ✓ DOMENICA 06/10 MASTERCLASS CYCLING |
| 19:15 HYDROBIKE Rossella- 45' | 18:30 TABATA INTERVAL TONE Lisa M. -45' | 18:30 HYDROBIKE Rossella- 45' | | 18:00 RITMO DO BRAZIL Krizia-50' | | 10:30 ✓ DOMENICA 20/09 INDOOR CYCLING Giancarlo-60' |
| 18:45 INDOOR CYCLING Felix - 60' | 18:45 H.E.A.T PROGRAM Michele C. 60' | 19:00 WALKING INDOOR Federica A. - 30' New | 18:30 LES MILLS GRIT Domenico. 45' | 18:45 ACQUAGYM Nicoletta- 45' | | 10:30 ✓ DOMENICA 27/09 INDOOR CYCLING Paulo - 60' |
| 19:00 LES MILLS BODYPUMP Domenico -45' | | 19:15 HYDROBIKE Rossella- 45' New | 18:45 H.E.A.T PROGRAM Michele C. 60' | 18:50 TOTAL TONE Krizia - 60' | | BOOK Prenotazione sempre tramite app MyWellness |
| 20:00 TRX Felix - 45' | 19:30 PILATES Lisa M. -60' | 19:20 BOOTY & ABS noemi - 45' | 19:20 PILATES Domenico- 45' | | | |
| | | 20:10 LES MILLS BODYPUMP Noemi - 45' | | | | |



Fascia mattino



Fascia pausa pranzo



Fascia pomeridiana/serale



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