

PLANNING CORSI da FEBBRAIO 2025

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'
10:15 LES MILLS BODYPUMP Lisa M. - 45'	11:00 FUNCTIONAL TONE Federica A. -45'	10:15 CIRCUIT Glutei - Addome - TRX Lisa M.- 45'	10:00 FUNCTIONAL TONE Federica A- 45''	10:15 WALKING INDOOR Federica A. - 30'	10:30 INDOOR CYCLING Giuseppe/Giancarlo-60'	10:20 TRX Krizia /Sara- 45'
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'	11:10 INTERVAL FIT Krizia /Sara- 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''	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 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 ACQUA FIT-COMBACT Nicoletta - 45'	13:00 HYDROBIKE Nicoletta- 45'	15:00 TRX Federica- 45'	
18:00 GAG Domenico - 60'	18:45 ACQUAGYM Nicoletta- 45'	18:30 MOVERO Noemi-45'	18:30 HYDROBIKE Rossella- 45'	15:00 FIT PILATES Sara V. - 60'		10:30 ✓ DOMENICA 09/02 INDOOR CYCLING Paolo-60'
19:15 HYDROBIKE Rossella- 45'	18:30 TABATA INTERVAL TONE Lisa M. -45'	18:30 HYDROBIKE Rossella- 45'	19:00 WALKING INDOOR Federica A. - 45'	18:00 BRAZUCA FITNESS Krizia-50'		✓ DOMENICA 16/02 INDOOR CYCLING Paolo-60'
18:45 INDOOR CYCLING Felix - 60'	19:00 H.E.A.T PROGRAM Michele C. 60'	19:20 BOOTY & ABS noemi - 45'	18:30 LES MILLS GRIT Domenico. 45'	18:45 ACQUAGYM Nicoletta- 45'		
19:00 LES MILLS BODYPUMP Domenico -45'	19:30 PILATES Lisa M. -60'	19:20 LES MILLS BODYPUMP Noemi - 45'	19:00 H.E.A.T PROGRAM Michele C. 60'	18:50 TOTAL TONE Krizia - 60'		
20:00 TRX Felix - 45'			19:20 PILATES Domenico- 45'			



Fascia mattino



Fascia pausa pranzo



Fascia pomeridiana/serale



Prenotazione sempre tramite app MyWellness

- Bassa intensità
- Media intensità
- Alta intensità
- Acqua

*Intensità media