

PLANNING CORSI 2023/2024

| | LUNEDÌ | | MARTEDÌ | | MERCOLEDÌ | | GIOVEDÌ | | VENERDÌ | | SABATO | |
|------------|---|--|--|--|--|--|--|--|---|--|--------|---|
| | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 |
| MATTINA | | 9.00 (60') PILATES BASE Chiara | 9.30 (45') ★ SM GROUP VITALITY Fabio | 9.30 (45') ZUMBA Irina | 9.15 (45') ★ SM GROUP POSTURALE Fabio | 9.30 (60') YOGA Diego | | 9.30 (60') TOTAL BODY Giò | 10.30 (45') ★ SM GROUP VITALITY Irina | 9.30 (60') ZUMBA Irina | | |
| | 10.00 (45') ★ SM GROUP GRAVITY P. Fabio | 10.00 (60') PILATES AVANZATO Chiara | | 10.15 (45') CIRCUIT TRAINING Irina | | 10.30 (60') G.A.G Fabio | | 10.30 (60') POSTURAL TRAINING Giò | 11.00 (45') ★ SM GROUP GRAVITY P. Nicholas | | | 11.00 (45') CORSI A ROTAZIONE |
| | | 12.45 (45') TABATA TRAINING Irina | 12.30 (45') ★ SM GROUP GRAVITY P. Ale | 12.45 (60') PILATES Irina | | 12.45 (45') TOTAL BODY Fabio | | 12.45 (45') BODY PUMP Irina | 12.00 (45') ★ SM GROUP GRAVITY P. Irina | 12.45 (45') FAT KILLER Irina | | |
| POMERIGGIO | 16.00 (60') VOVINAM 11-14 Stefano | 16,30 (45') STRETCH & TONE Irina | | | | 17.45 (45') ★ SM GROUP METABOLICO Giò | | 16.30(45') FLEX & TONE Irina | 17.00 (45') ★ SM GROUP GRAVITY P. Irina | 16.00 (60') VOVINAM 11-14 Stefano | | |
| | 17.00 (60') VOVINAM 6-10 Stefano | | | 17.00 (45') ★ SM GROUP GRAVITY P. Giò | 17.15 (60') UNDER KICK Fabio | | 17.30 (45') ★ SM GROUP GRAVITY P. Irina | | | 17.00 (60') VOVINAM 6-10 Stefano | | |
| SERA | 17.30 (45') ★ SM GROUP VITALITY Fabio | 19.00 (60') TOTAL BODY Barbara | | 18.15 (45') G.A.G Giò | 18.30 (45') ★ SM GROUP GRAVITY P. Fabio | 18.30 (60') SUPER JUMP Giò | 18.30 (60') YOGA Diego | 18.30 (45') SIX PACK Irina | | 18.00 (60') ZUMBA Irina | | |
| | 18.30 (45') ★ SM GROUP GRAVITY P. Nicholas | 20.00 (60') YOGA Barbara | 19.00 (60') CALIS THENICS Alessandro | 19.00 (45') POSTURAL TRAINING Giò | 19.45 (45') ★ SM GROUP GRAVITY P. Giò | 19.30 (60') BODY SCULPT Giorgio | | 19.15 (45') H.I.I.T Irina | 19.00 (60') CROSS TRAINING Giorgio | 19.00 (60') PILATES Irina | | |
| | | 21.00 (90') ★ COUNTRY ogni 15 gg Lella | 20.00 (90') ★ VOVINAM Stefano | 19.45 (45') POSTURAL TRAINING Giò | | 20.30 (90') ★ COUNTRY Lella | | 19.30 (90') ★ VOVINAM Stefano | 20.00 (45') STRETCHING Irina | 19.45 (45') ★ SM GROUP GRAVITY P. Ale | | |

legenda:

- POSTURAL
- CARDIO&FUN
- CONDITIONING
- SMALL GROUP attività extra ★

★ ATTIVITÀ EXTRA

ORARI PALESTRA:
LUN-GIO 6.30 - 21.30
MART-MERC-VEN 9.00 - 21.30
SAB-DOM 10.00 - 18.00

