

# PLANNING CORSI DA GENNAIO 2023

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:00 <b>POWER YOGA</b> Martina - 60'	9:30 <b>WALKING INDOOR</b> <i>New</i> Federica A. - 30'	9:00 <b>POWER YOGA</b> Martina - 60'	08:00 <b>YOGATONE</b> Martina V. - 45'	9:45 <b>GYM MIOFASCIALE</b> Sara S- 60'	10:00 <b>STEP</b> Paulo - 45'	10:00 <b>JUMPING FITNESS</b> Krizia /Sara- 45'
10:15 <b>TABATA TONE</b> Lisa M. - 45'	10:15 <b>WALKING INDOOR</b> <i>New</i> Federica A. - 30'	10:15 <b>LES MILLS BODYPUMP</b> Lisa M. - 60'	10:00 <b>FUNCIONAL TONE</b> Federica A- 45''	11:00 <b>GLUTEI-ADDOME TONE</b> Lisa M. -30'	10:30 <b>INDOOR CYCLING</b> Giuseppe/Giancarlo-60'	10:45 <b>PILATES</b> Krizia /Sara 45'
11:15 <b>STRETCHING POSTURALE</b> Lisa M. -45'	11:00 <b>FUNCIONAL TONE</b> Federica A. -45'	11:30 <b>FIT PILATES</b> Lisa M.- 45'	11:00 <b>STRETCHING</b> Federica A- 45	11:30 <b>PILATES</b> Lisa- 30''	11:00 <b>CARDIO GAG</b> Paulo - 60'	11:00 <b>ACQUAGYM</b> Nicoletta- 45'
11:00 <b>ACQUAGYM</b> Noemi- 45'	12:00 <b>GYM MIOFASCIALE</b> Federica A. - 45'	11:00 <b>ACQUAGYM</b> Nicoletta- 45'	13:00 <b>ZUMBA</b> Monica M. - 60'	11:00 <b>ACQUAGYM</b> Federica- 45'	12:00 <b>ACQUAFUSION</b> Javier- 45'	11:30 <b>INTERVAL FIT</b> Krizia /Sara- 45''
13:00 <b>ACQUATONIC</b> Noemi - 45'	13:00 <b>ZUMBA</b> Monica -60'	13:00 <b>PILATES</b> Lisa M. - 45'	13:00 <b>ACQUAGYM</b> Nicoletta - 45'	13:00 <b>LES MILLS BODYPUMP</b> Lisa M. - 60'	12:15 <b>STRETCHING</b> Paulo - 60'	12:15 <b>INTERVAL FIT</b> Krizia /Sara- 45'' <i>NEW</i>
13:00 <b>PILATES FITBALL</b> Lisa M. -45'	13:00 <b>INDOOR CYCLING</b> Sara S- 60'	13:00 <b>HYDROBIKE</b> Nicoletta- 45'	13:00 <b>INDOOR CYCLING</b> Sara - 60'	13:00 <b>HYDROBIKE</b> Nicoletta- 45'	15:30 <b>MOVERO</b> Noemi - 60'	
14:30 <b>GYM POSTURALE</b> Silvia '50	13:00 <b>ACQUA FIT-COMBACT</b> Nicoletta - 45min	14:30 <b>GYM POSTURALE</b> Silvia - 50'	15:00 <b>ACQUA FIT-COMBACT</b> Nicoletta - 45'	15:00 <b>FIT PILATES</b> Sara V. - 60'	16:45 <b>LES MILLS BODYPUMP</b> Noemi - 60'	18:00 <b>YOGA</b> Monica V- 75'
15:30 <b>FIT PILATES</b> Federica A.-60	18:30 <b>ACQUAGYM</b> Nicoletta- 45'	18:00 <b>GAG</b> Domenico - 45'	16:30 <b>PILATES FIT</b> Noemi - 60'	17:30 <b>RITMO DO BRAZIL</b> Krizia- 60'		
17:30 <b>GAG</b> Domenico - 45'	18:30 <b>TABATA INTERVAL TONE</b> Lisa M. -45'	18:30 <b>HYDROBIKE</b> Rossella- 45'	18:30 <b>MOVERO</b> Noemi - 45'	18:30 <b>ACQUAGYM</b> Nicoletta- 45'		
18:30 <b>HYDROBIKE</b> Rossella- 45'	19:00 <b>H.E.A.T PROGRAM</b> Michele C. 60'	19:00 <b>LES MILLS GRIT</b> Domenico -45'	19:30 <b>CIRCUIT TONE</b> Noemi - 45'	18:35 <b>TOTAL TONE</b> Krizia - 60'		
18:30 <b>INDOOR CYCLING</b> Felix - 60'	19:30 <b>PILATES</b> Lisa M. -60'	19:00 <b>H.E.A.T PROGRAM</b> Michele C. 60'				
18:30 <b>LES MILLS BODYPUMP</b> Domenico - 45'		20:00 <b>LES MILLS BODYPUMP</b> Domenico - 60'				
19:30 <b>LES MILLS BODYPUMP</b> Domenico - 45'						
19:40 <b>TRX</b> Felix - 45' (sala 2)						



Fascia mattino



Fascia pausa pranzo



Fascia pomeridiana/serale

- Bassa intensità
- Media intensità
- Alta intensità
- Acqua



TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP MY WELLNESS

