

# PLANNING CORSI da NOVEMBRE 2024

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:00	<b>POWER YOGA</b> Martina.- 60'	<b>WALKING INDOOR</b> Federica A. - 30'	<b>POWER YOGA</b> Martina- 60'	<b>YOGATONE</b> Martina .- 45'	<b>GYM MIOFASCIALE</b> Sara S 60'	<b>STEP</b> Paulo - 45'	<b>JUMPING FITNESS</b> Krizia /Sara- 45'
10:15	<b>LES MILLS BODYPUMP</b> Lisa -45'	<b>FUNCTIONAL TONE</b> Federica A. -45'	<b>CIRCUIT Glutei - Addome - TRX</b> Lisa M.- 45' <b>New</b>	<b>FUNCIONAL TONE</b> Federica A- 45''	<b>WALKING INDOOR</b> Federica A. - 30'	<b>INDOOR CYCLING</b> Giuseppe/Giancarlo-60'	<b>TRX</b> Krizia /Sara- 45' <b>New</b>
11:15	<b>STRETCHING POSTURALE</b> Lisa M. -45'	<b>GYM MIOFASCIALE</b> Federica A. - 45'	<b>PILATES</b> Lisa M.- 45'	<b>STRETCHING</b> Federica A- 45	<b>GLUTEI-ADDOME TONE</b> Lisa M. -30'	<b>CARDIO GAG</b> Paulo - 60'	<b>INTERVAL FIT</b> Krizia /Sara- 45''
11:00	<b>ACQUAGYM</b> Javi- 45'	<b>ZUMBA</b> Monica -60'	<b>ACQUAGYM</b> Nicoletta- 45'	<b>ZUMBA</b> Monica M. - 60'	<b>PILATES</b> Lisa- 30''	<b>ACQUAFUSION</b> Javii 45'	<b>ACQUAGYM</b> Nicoletta- 45'
13:00	<b>ACQUATONIC</b> Javi- 45'	<b>INDOOR CYCLING</b> Sara S- 60'	<b>LES MILLS BODYPUMP</b> Lisa M. - 45'	<b>ACQUAGYM</b> Nicoletta - 45'	<b>ACQUAGYM</b> Federica- 45'	<b>STRETCHING</b> Paulo - 60'	<b>PILATES</b> Krizia /Sara 45'
13:00	<b>ADVANCED PILATES</b> Lisa M. -45'	<b>ACQUA FIT-COMBACT</b> Nicoletta - 45min	<b>HYDROBIKE</b> Nicoletta- 45'	<b>INDOOR CYCLING</b> Sara - 60'	<b>PILATES</b> Lisa 45'		<b>YOGA</b> Monica V- 75'
14:30	<b>GINNASTICA POSTURALE</b> Federica/ silvia - 50'	<b>FIT PILATES</b> Noemi -60'	<b>GINNASTICA POSTURALE</b> Federica/ Silvia - 50'	<b>ACQUA FIT-COMBACT</b> Nicoletta - 45'	<b>HYDROBIKE</b> Nicoletta- 45'	<b>FIT PILATES</b> Sara V. - 60'	
18:00	<b>GAG</b> Domenico - 60'	<b>ACQUAGYM</b> Nicoletta- 45'	<b>MOVERO</b> Noemi-45'	<b>TRX</b> Federica- 45'	<b>RITMO DO BRAZIL</b> Krizia-50'		<b>DOMENICA 17/11 INDOOR CYCLING</b> Giancarlo- 60'
19:15	<b>HYDROBIKE</b> Rossella- 45'	<b>TABATA INTERVAL TONE</b> Lisa M. -45'	<b>HYDROBIKE</b> Rossella- 45'	<b>LES MILLS GRIT</b> Domenico. 45'	<b>ACQUAGYM</b> Nicoletta- 45'		<b>DOMENICA 24/11 INDOOR CYCLING</b> Giuseppe- 60'
18:45	<b>INDOOR CYCLING</b> Felix - 60'	<b>H.E.A.T PROGRAM</b> Michele C. 60'	<b>WALKING INDOOR</b> Federica A. - 30' <b>New</b>	<b>LES MILLS BODYPUMP</b> Domenico. 45'	<b>TOTAL TONE</b> Krizia - 60'		
19:00	<b>LES MILLS BODYPUMP</b> Domenico -45'	<b>PILATES</b> Lisa M. -60'	<b>BOOTY &amp; ABS</b> noemi - 45'	<b>H.E.A.T PROGRAM</b> Michele C. 60'			
20:00	<b>TRX</b> Felix - 45'		<b>LES MILLS BODYPUMP</b> Noemi - 45'	<b>PILATES</b> Domenico- 45'			



Fascia mattino



Fascia pausa pranzo



Fascia pomeridiana/serale



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

10:30



Prenotazione sempre tramite app MyWellness