

Lunedì - Mercoledì - Venerdì #NOVEMBRE/DICEMBRE

| | sala A | sala B | sala C | Cycling | Esterno |
|-------|--|--|--|---|------------------------------|
| 7:00 | | | | | |
| 7:30 | | | | | FITWALK <i>Alessandra L.</i> |
| 8:00 | BODY TONE <i>Alessandra L.</i> | CROSS TRAINING <i>Alberto S.</i> | | | |
| 8:30 | GINNASTICA POSTURALE <i>Alessandra L.</i> | INTERVAL TRAINING <i>Daniela M.</i> | HATA YOGA <i>Valeria R.</i> | | |
| 9:00 | | UPPER BODY <i>Daniela M.</i> | | | |
| 9:30 | GAG <i>Daniela M.</i> | FUNCTIONAL MIX <i>Alessandra L.</i> | | CYCLING <i>Alberto S.</i> | |
| 10:00 | | | | | |
| 10:30 | PILATES <i>Daniela S.</i> | TONIFICAZIONE <i>Alessandra L.</i> | | | |
| 11:00 | | | | | |
| 11:30 | ABS <i>Daniela S.</i> | | | | |
| 12:00 | POSTURAL <i>lun-ven</i> | | | | |
| 12:30 | <i>Daniela S.</i> | | | | |
| 13:00 | STRETCHING <i>Daniela S.</i> | | CROSS POWER TECNICA <i>Andrea T.</i> | CYCLING 13:15-14:00 <i>Andrea P.</i> | |
| 13:30 | PILATES intermedi <i>Daniela S.</i> | KICK BOXING <i>Valentina C.</i> | CROSS POWER TRAINING <i>Andrea T.</i> | | |
| 14:00 | | | | | RUNNING <i>Andrea P.</i> |
| 14:30 | STRETCHING <i>Daniela S.</i> | TECNICA <i>Valentina C.</i> | | CYCLING <i>Andrea T.</i> | |
| 15:00 | POST RUNNING <i>Andrea P.</i> | | | | |
| 15:30 | | | TONE UP <i>Mix Arms&Legs Andrea T.</i> | | |
| 16:00 | | | | | |
| 16:30 | | | | | |
| 17:00 | POSTURAL STRETCHING <i>Carla O.</i> | CARDIO CONDITIONING high impact <i>Valeria S.</i> | PUGILATO avanzati <i>Roberto Franceschi</i> | | |
| 17:30 | | | | | |
| 18:00 | PILATES <i>Carla O.</i> | TOTAL BODY <i>Daniela U.</i> | | | |
| 18:30 | | | | | |
| 19:00 | STEP COREOGRAFICA <i>Daniela U.</i> | ABS <i>Thomas M.</i> | CIRCUIT TRAINING <i>Andrea T.</i> | CYCLING <i>Alberto S.</i> | |
| 19:30 | STEP&TONE <i>Thomas M.</i> | TONE UP <i>Fabio L.</i> | | | |
| 20:00 | | FUNCTIONAL TRAINING <i>Fabio L.</i> | POWER YOGA <i>lun-mer</i> <i>Valeria R.</i> | | RUNNING <i>Alberto S.</i> |
| 20:30 | GAG <i>Thomas M.</i> | | | | |
| 21:00 | POST RUNNING <i>Alberto S.</i> | KICK BOXING <i>Valentina C.</i> | | | |
| 21:30 | | | | | |
| 22:00 | | TECNICA <i>Valentina C.</i> | | | |

Martedì - Giovedì, Sabato #NOVEMBRE/DICEMBRE

| | sala A | sala B | sala C | Cycling/Esterno | Sabato |
|-------|---------------------------------|------------------------------------|------------------------------|------------------------------|---|
| 7:00 | | | CROSS POWER TRAINING | | sala A |
| 7:30 | | TONIFICAZIONE <i>Alessandra L.</i> | <i>Andrea T.</i> | | |
| 8:00 | STRETCHING <i>Alessandra L.</i> | ABS <i>Andrea T.</i> | | | ABS 8:30 - 9.00 <i>Carla O.</i> |
| 8:30 | GINNASTICA POSTURALE | GAG <i>Andrea T.</i> | | | STRETCHING 9:00 - 9.30 <i>Carla O.</i> |
| 9:00 | <i>Alessandra L.</i> | STEP <i>Daniela U.</i> | POSTURAL YOGA | | PILATES 9:30 - 10.30 |
| 9:30 | GINNASTICA POSTURALE | TOTAL BODY | <i>Valeria R.</i> | | <i>Carla O.</i> |
| 10:00 | <i>Alessandra L.</i> | <i>Daniela U.</i> | | BRM (bike, running, muscles) | |
| 10:30 | UZMBA <i>Daniela U.</i> | UPPER BODY <i>Alessandra L.</i> | | <i>Andrea T.</i> | |
| 11:00 | | FLEX ZONE <i>Alessandra L.</i> | | | |
| 11:30 | | BODY SCULPT | | | |
| 12:00 | | <i>Fabio L.</i> | | | |
| 12:30 | | STRETCHING <i>Fabio L.</i> | | | |
| 13:00 | | | | | |
| 13:30 | | | CROSS TRAINING | CYCLING | TOTAL BODY 9:30 - 10.30 |
| 14:00 | | TOTAL BODY | <i>Valentina C.</i> | <i>Alberto S.</i> | <i>Valeria S.</i> |
| 14:30 | | <i>Daniela M.</i> | UPPER BODY <i>Alberto S.</i> | | ABS 10:30 - 11.00 <i>Valeria S.</i> |
| 15:00 | | | | | FOLKLORE CUBANO 17:00 - 18.00 |
| 15:30 | | KICK BOXING | PUGILATO amatori | | <i>Alex & Simona</i> |
| 16:00 | | <i>Valentina C.</i> | <i>Giorgio C.</i> | | |
| 16:30 | | | | | |
| 17:00 | PILATES ABC <i>Daniela S.</i> | LIGHT WORKOUT | | | sala C |
| 17:30 | | <i>Valeria S.</i> | | | |
| 18:00 | PILATES <i>Daniela S.</i> | CIRCUIT TRAINING | | | RUNNING 8:30-9.00 <i>Fabio L.</i> |
| 18:30 | ABS <i>Daniela S.</i> | <i>Stefano B.</i> | | | POTENZIAMENTO 9:00-9.30 <i>Fabio L.</i> |
| 19:00 | PILATES | TONE UP | | CYCLING | RUNNING 9:30-10.00 <i>Fabio L.</i> |
| 19:30 | <i>Daniela S.</i> | <i>Fabio L.</i> | | <i>Alberto S.</i> | POTENZIAMENTO 10:00-10.30 <i>Fabio L.</i> |
| 20:00 | STRETCHING <i>Daniela S.</i> | POTENZIAMENTO MUSCOLARE | | RUNNING | |
| 20:30 | SALSA/BACHATA principianti | <i>Alberto S.</i> | | <i>Andrea P.</i> | |
| 21:00 | <i>Alex & Simona</i> | POST RUNNING <i>Andrea P.</i> | | | |
| 21:30 | SALSA/BACHATA intermedi | | | | |
| 22:00 | <i>Alex & Simona</i> | | | | |