

PLANNING



2022

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7:30 8:30		PILATES		PILATES		
9:00 9:45	STRETCH & TONE		STRETCH & TONE		GINNASTICA DOLCE	
10:00 10:45	TOTAL BODY		BODY SCULPT		TOTAL BODY	
						STRETCH & TONE 10:30 11:15
13:00 13:45	PILATES		PILATES			TOTAL BODY 11:30 12:25
13:00 13:45	TONIFICAZIONE	CROSSCARDIO	TONIFICAZIONE	HIIT	TOTAL MIX	FUNZIONALE 12:30 13:25
17:00 17:50	FITBOXE	ONE MORE REP	TABATA CIRCUIT 16:30 17:15	FITBOXE	SUPER JUMP	
17:50 18:40					TABATA CIRCUIT	
17:50 18:40	HIIT	FUNCTIONAL GLOBAL CIRCUIT	FUNCTIONAL STEP 17:15 18:00	FUNCTIONAL GLOBAL CIRCUIT	TOTAL BODY	
18:40 19:30	CROSSCARDIO	CROSSCARDIO	SUPER JUMP 18:00 18:45	CROSSCARDIO	FUNZIONALE	
19:30 20:20	FUNCTIONAL STEP	STRONG Nation	PILATES	BEND & TONE	PILATES	
20:20 21:10	POWER JUMP	ZUMBA	BODY SCULPT	ZUMBA	POWER JUMP	
20:00 21:00					TAI CHI	

SALA VERDE
SALA BLU
TAI CHI