

PLANNING shadow

Your Functional Fitness 2022/2023

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7:30 8:30		PILATES		PILATES		10:30 11:30 STRETCH & TONE
9:00 10:00	STRETCH & TONE		MOBILITY		STRETCH & TONE	11:30 12:30 TOTAL BODY
10:00 11:00	TOTAL BODY		HIIT		TOTAL BODY	12:30 13:30 FUNZIONALE
13:00 14:00	BODY SCULPT	POWER YOGA	PILATES	STRETCH & TONE	BODY SCULPT	
13:00 14:00	PILATES	FUNZIONALE	TONIFICAZIONE	HIIT	PILATES	
17:00 17:45	FITBOXE	ONE MORE REP	SUPER JUMP	FITBOXE	FUNCTIONAL STEP	
17:45 18:45	HIIT	FUNCTIONAL GLOBAL CIRCUIT	TABATA CIRCUIT	FUNCTIONAL GLOBAL CIRCUIT	SUPER JUMP	
17:45 18:45	FUNCTIONAL STEP	MOBILITY	POWER YOGA	POWER YOGA	MOBILITY	
18:45 19:45	CROSSCARDIO	CROSSCARDIO	RE DANCE	CROSSCARDIO	RE DANCE	
19:00 19:45	TABATA CIRCUIT	BEND & TONE	FUNZIONALE	POUNDFIT	FUNZIONALE	
19:45 20:30	PILATES	STRONG Nation	PILATES	BEND & TONE	PILATES	
20:30 21:15		ZUMBA	ALLENAMENTO IN SOSPENSIONE	ZUMBA	POWER YOGA	

SALA VERDE	SALA BLU
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