

# NUOVA STAGIONE

## PLANNING FITNESS

### Dal 07 Gennaio 2020

carugate  
FITNESS VILLAGE  
BY GASTSPORT

tel. 029251426



| LUNEDÌ                                   |                                     | MARTEDÌ                        |                                 | MERCOLEDÌ                        |                                | GIOVEDÌ                        |                                | VENERDÌ                          |                                 | SABATO                           |                                     | DOMENICA                              |
|------------------------------------------|-------------------------------------|--------------------------------|---------------------------------|----------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------------------------|---------------------------------|----------------------------------|-------------------------------------|---------------------------------------|
| SALA BLU                                 | SALA GIALLA                         | SALA BLU                       | SALA GIALLA                     | SALA BLU                         | SALA GIALLA                    | SALA BLU                       | SALA GIALLA                    | SALA BLU                         | SALA GIALLA                     | SALA BLU                         | SALA GIALLA                         | SALA GIALLA                           |
|                                          | POSTURALE<br>09:00 - 09:45          | GREEN FIT<br>09:30 - 10:30     | X-FIT<br>09:00 - 09:45          | BASIC PILATES<br>07:00 - 08:00   | POSTURALE<br>09:00 - 09:45     |                                |                                | WALKING<br>09:30 - 10:15         |                                 | WALKING POWER<br>09:30 - 10:15   | GREEN FIT<br>08:30 - 09:30          |                                       |
| ZUMBA<br>10:00 - 10:45                   | TOTALWELLNESS<br>10:00 - 11:00      |                                | GAMBE e GLUTEI<br>09:45 - 10:15 |                                  | ZUMBA<br>09:45 - 10:30         | WALKING<br>10:00 - 10:45       | TOTALWELLNESS<br>10:00 - 11:00 |                                  |                                 |                                  | FUNCTIONAL<br>10:15 - 11:00         | SURPRISE MASTERCLASS<br>10:45 - 11:30 |
| ZUMBA<br>11:00 - 11:45                   | SOFT TONE<br>11:00 - 11:45          |                                |                                 |                                  | FUNCTIONAL<br>10:30 - 11:15    |                                | SOFT TONE<br>11:00 - 11:45     |                                  | SOFT YOGA<br>11:00 - 12:00      |                                  | X-FIT<br>11:00 - 11:45              |                                       |
| WALKING CIRCUIT<br>12:30 - 13:15         | SOFT YOGA<br>12:00 - 13:00          |                                | BASIC PILATES<br>12:00 - 13:00  | WALKING<br>12:00 - 12:45         |                                |                                | X-FIT<br>11:45 - 12:30         |                                  | GAMBE e GLUTEI<br>12:00 - 12:30 | WALKING CIRCUIT<br>11:45 - 12:30 |                                     |                                       |
|                                          | PILATES FLOW<br>13:00 - 14:00       | FITBALL<br>12:45 - 13:30       | FLEXIBILITY<br>13:00 - 13:45    |                                  | STRETCHING<br>12:45 - 13:15    |                                | ZUMBA<br>12:30 - 13:15         |                                  | BASIC PILATES<br>12:30 - 13:30  |                                  |                                     |                                       |
| TOTAL BODY WORKOUT<br>14:45 - 15:30      | ADDOMINALI<br>17:15 - 17:45         |                                | UPPER BODY<br>17:30 - 18:00     |                                  | AEROBOXE<br>17:15 - 18:00      | ADDOMINALI<br>17:15 - 17:45    | BASIC PILATES<br>16:45 - 17:45 |                                  |                                 |                                  | DYNAMIC YOGA<br>15:00 - 16:00       |                                       |
| WALKING CIRCUIT<br>18:00 - 18:45         | POSTURALE<br>17:45 - 18:30          | SOFT YOGA<br>18:00 - 19:00     | TABATA<br>18:00 - 18:45         | TOTAL STEP<br>17:45 - 18:30      | ZUMBA<br>18:00 - 18:45         | PILATES FLOW<br>17:45 - 18:45  | FUNCTIONAL<br>17:45 - 18:30    | GAMBE e GLUTEI<br>18:00 - 18:30  | POSTURALE<br>17:30 - 18:15      |                                  | TOTAL BODY WORKOUT<br>16:00 - 16:45 |                                       |
| TACFIT<br>18:45 - 19:45<br>19:45 - 20:45 | FITBALL<br>18:30 - 19:15            | DYNAMIC YOGA<br>19:00 - 20:00  | BODY SCULPT<br>18:45 - 19:30    | WALKING CIRCUIT<br>18:45 - 19:30 | FUNCTIONAL<br>18:45 - 19:30    | FLEXIBILITY<br>18:45 - 19:30   | TOTAL STEP<br>18:30 - 19:15    | WALKING CIRCUIT<br>18:30 - 19:15 | ZUMBA<br>18:15 - 19:00          |                                  |                                     |                                       |
|                                          | TOTAL BODY WORKOUT<br>19:15 - 20:00 | WALKING POWER<br>20:15 - 21:00 |                                 |                                  | PILATES FLOW<br>19:30 - 20:30  | DYNAMIC YOGA<br>19:30 - 20:30  | TABATA<br>19:15 - 20:00        |                                  | BODY SCULPT<br>19:00 - 19:45    |                                  |                                     |                                       |
|                                          | PILATES FLOW<br>20:00 - 21:00       |                                |                                 |                                  | BASIC PILATES<br>20:30 - 21:30 | WALKING POWER<br>20:30 - 21:15 | TACFIT<br>20:30 - 21:30        |                                  | FUNCTIONAL<br>20:00 - 20:45     |                                  |                                     |                                       |

INTENSITÀ DEL CORSO ● ● ●  
Alta Media Bassa