







# PLANNING FITNESS dal 7 Settembre

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	
	POSTURALE 09:00 - 09:45	GREEN FIT 08:30 - 09:30	FUNCTIONAL 09:00 - 09:45		POSTURALE 09:00 - 09:45						GREEN FIT 08:30 - 09:30	
 ZUMBA 10:00 - 10:45	TOTAL BODY 10:00 - 10:45		STRETCHING 09:45 - 10:15		 ZUMBA 09:45 - 10:30			TOTAL BODY 10:00 - 10:45			FUNCTIONAL 09:30 - 10:15	SURPRISE MASTERCLASS 10:15 - 11:00
 ZUMBA 11:00 - 11:45	SOFT TONE 10:45 - 11:30				FUNCTIONAL 10:30 - 11:15			SOFT TONE 10:45 - 11:30		SOFT YOGA 11:00 - 12:00	WALKING 10:15 - 11:00	
	SOFT YOGA 12:00 - 13:00		PILATES FLOW 12:00 - 13:00	WALKING 12:00 - 12:45				TOTAL BODY 12:00 - 12:45		ADDOMINALI 12:00 - 12:30		TOTAL BODY 11:15 - 12:00
	PILATES FLOW 13:00 - 14:00		BASIC PILATES 13:00 - 14:00		STRETCHING 12:45 - 13:15			 ZUMBA 12:45 - 13:30		BASIC PILATES 12:30 - 13:30	WALKING 12:00 - 12:45	
	ADDOMINALI 17:30 - 18:00		G.A.G. 17:45 - 18:30	POSTURALE 17:30 - 18:15				WALKING 17:45 - 18:30	BASIC PILATES 17:30 - 18:30			DYNAMIC YOGA 15:00 - 16:00
WALKING 18:00 - 18:45			FUNCTIONAL 18:30 - 19:15	WALKING 18:15 - 19:00				FUNCTIONAL 18:45 - 19:30	FLEXIBILITY 18:30 - 19:15			MOBILITY YOGA 16:00 - 17:00
	POSTURALE 18:30 - 19:15	SOFT YOGA 18:00 - 19:00			TOTAL BODY 18:30 - 19:15				MOBILITY YOGA 19:30 - 20:30		FUNCTIONAL 18:00 - 18:45	
	TOTAL STEP 19:15 - 20:00	DYNAMIC YOGA 19:00 - 20:00			FUNCTIONAL 19:15 - 20:00			G.A.G. 19:30 - 20:15			POSTURALE 18:45 - 19:30	
20:15 - 21:15 	PILATES FLOW 20:00 - 21:00	WALKING 20:15 - 21:00			BASIC PILATES 20:00 - 21:00			TABATA 20:15 - 21:00				

 = ATTIVITÀ A PRENOTAZIONE

Tel. 02 9251426

INTENSITÀ DEL CORSO     
Alta Media Bassa