



Planning dal 16/09/2019 al 31/07/2020  
Sala fitness



PISCINADELLEROSE

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	7:00-8:00 CROSS TRAINING		7:00-8:00 CROSS TRAINING		
7:50-8:40 PILATES	8:00-9:00 FUNCTIONAL TRAINING	7:50-8:40 PILATES	8:00-9:00 FUNCTIONAL TRAINING	07.30-08.30 ROWING	9.00-10.00 TOTAL BODY
					10.00-11.00 WALKING EUR
13.00-13.45 GAG	12.45-13.30 PILATES	13.00-13.45 GAG	12.45-13.30 PILATES	13.00-13.45 GAG	
13.45-14.30 CIRCUIT TRAINING	13.30-14.15 PILATES	13.45-14.30 CIRCUIT TRAINING	13.30-14.15 PILATES	13.45-14.30 CIRCUIT TRAINING	
					15.00-16.30 ATHLETIC GLOBAL
17.30-18.30 FLEX ABILITY		17.30-18.30 FLEX ABILITY		17.30-18.30 FLEX ABILITY	
19.00-20.00 FITROW		19.00-20.00 ROWING		19.00-20.00 ROWING	
20.00-21.00 ROWING	19.00-20.10 FULL BODY	20.00-21.00 ROWING	19.00-20.10 FULL BODY		
	20:10-21:00 ROWING		20:10-21:00 FITROW		
Sala balance					
LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	7.45-8.45 HATHA YOGA				
8:45-9:30 bodypump™	9:15-10:00 bodycombact™	8:45-9:30 grit cardio30™	9:15-10:00 cxworx™	8:45-9:30 bodybalance™	8:00-9:00 bodypump™
9:45-10:30 bodycombact™	10:00-10:45 grit cardio30™	9:45-10:30 cxworx30™	10:00-10:45 bodybalance™	9:45-10:30 bodypump™	9:00-9:45 bodycombact™
				10:45-11:30 bodycombact™	9:45-10:15 grit cardio30'
13.00-14.00 HATHA YOGA		13.00-14.00 HATHA YOGA		11:30-12:00 grit cardio30™	10:15-11:00 bodypump™
15:00-15:30 grit cxworx30™	15:00-15:30 grit cxworx30™	15:00-15:30 grit cxworx30™	15:00-15:30 grit cxworx30™	15:00-15:30 grit cxworx30™	15:00-16:00 cxworx™
15:30-16:00 bodypump™	15:30-16:00 bodypump™	15:30-16:00 bodypump™	15:30-16:00 bodypump™	15:30-16:00 bodypump™	16:00-17:00 grit™
16:00_16:30 bodycombact™	16:00_16:30 bodycombact™	16:00-16:30 bodycombact™	16:00_16:30 bodycombact™	16:00_16:30 bodycombact™	17:00-18:00 bodypump™
16:45-17:30 bodypump™	16:45-17:30 bodycombact™	16:45-17:30 grit30™	16:45-17:30 cxworx™	16:45-17:15 bodybalance™	
			18.00-19.00 HATHA YOGA		
18.30-20.00 WING CHUN		18.30-20.00 WING CHUN	19:30-20:15 cxworx™	19.00-20.00 HATHA YOGA	

N.B. LA DIREZIONE SI RISERVA IL DIRITTO DI MODIFICARE GLI ORARI DELLE LEZIONI PREVIO PREAVVISO.

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