

PLANNINGCORSI

STAGIONE 2025/26



ORARIO PALESTRA:
 DAL LUNEDÌ AL VENERDÌ: **6:00-23:00**
 SABATO: **9:00-19:00**
 DOMENICA: **9:00-14:00**

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

9:30 POSTURAL PILATES
 10:15 DOLCE
 11:00 VERTEBRAL STRETCH

9:30 CARDIO TONO
 10:15 PILATES
 11:00 GAG

9:30 TONO
 10:15 FLEXABILITY
 11:00 ADDOME

9:30 TOTALBODY
 10:15 PILATES
 11:00 CHAIR

9:30 POSTURAL PILATES
 10:15 DOLCE
 11:00 VERTEBRALSTRETCH

9:30 POSTURAL PILATES
 10:15 GAG
 11:00 TABATA ADDOME

13:00 UPPERBODY
 13:30 GAG

12:45 INTERVALTRAINING
TOTALBODY
 13:45 TABATA ABS
 14:15 TABATA TOTALBODY

13:00 TOTALBODY
 14:00 FLEXABILITY

12:45 FITBOXE
 13:45 INTERVALTRAINING
TOTALBODY

13:00 TABATA ABS
 13:30 TABATA GAG

16:30 TABATA TOTALBODY
 17:15 CHAIR
 18:00 PILATES
 18:45 TOTALBODY
 19:30 PILATES

17:15 FIT-DANCE
 18:00 TOTALBODY
 18:45 FIT-BOXE

16:30 INTERVALTRAINING
TOTALBODY
 17:15 PILATES
 18:00 GAG
 18:45 FIT- DANCE
 19:30 TABATA TOTALBODY

17:15 PILATES
 18:00 TOTALBODY
 18:45 FIT-BOXE

16:30 PILATES
 17:15 TBW
 18:00 FIT-DANCE
 18:45 INTERVALTRAINING
TOTALBODY
 19:30 PILATES