

PLANNINGCORSI

STAGIONE 2026



ORARIO PALESTRA:

LUNEDÌ-VENERDÌ:

6.00 / 23.00

SABATO:

9.00 / 19.00

DOMENICA:

9.00 / 14.00

LUNEDÌ

9.30 POSTURAL PILATES
10.15 DOLCE
11.00 VERTEBRAL STRETCH

13.30 UPPER BODY

14.15 GAG

16.30 TABATA TOTAL BODY

17.15 CHAIR

18.00 PILATES

18.45 TOTAL BODY

19.30 PILATES

MARTEDÌ

9.30 CARDIO
10.15 PILATES
11.00 GAG

17.15 FIT&DANCE

18.00 TOTAL BODY

18.45 FITBOXE

MERCOLEDÌ

9.30 TONO
10.15 FLEXABILITY
11.00 ADDOME

13.00 TOTAL BODY

14.00 FLEXABILITY

16.30 INTERVALTRAINING
TOTAL BODY

17.15 PILATES

18.00 GAG

18.45 FIT&DANCE

19.30 TABATA TOTAL BODY

GIOVEDÌ

9.30 TOTAL BODY
10.15 PILATES
11.00 FLEXABILITY

13.00 FITBOXE

14.00 INTERVALTRAINING
TOTAL BODY

17.15 ZUMBA

18.00 TOTAL BODY

18.45 FITBOXE

VENERDÌ

9.30 POSTURAL PILATES
10.15 DOLCE
11.00 VERTEBRAL STRETCH

13.30 TABATA ABS

14.15 TABATA GAG

16.30 PILATES

17.15 TBW

18.00 FIT&DANCE

18.45 INTERVALTRAINING
TOTAL BODY

19.30 PILATES

SABATO

9.30 POSTURAL PILATES
10.15 TBW
11.00 TABATA ADDOME