

PLANNINGCORSI

STAGIONE 2025/26



ORARIO PALESTRA:
DAL LUNEDÌ AL VENERDÌ: **7:30-22:00**
SABATO: **9:00-19:00**

LUNEDÌ	MARTEDÌ		MERCOLEDÌ	GIOVEDÌ		VENERDÌ	SABATO
LUNA	LUNA	SOLE	LUNA	LUNA	SOLE	LUNA	LUNA
8:30 POSTURALE	8:30 PILATES		8:30 PILATES	8:30 CORPO LIBERO		8:30 VERTEBRALE	
9:15 DOLCE	9:15 VERTEBRALE		9:15 DOLCE	9:15 POSTURALE		9:15 PILATES	9:15 GAG
10:00 FIT DANCE	10:00 CHAIR		10:00 360°	10:00 ZUMBA		10:00 CIRCUIT TRAINING	9:45 PILATES
10:45 FLEXABILITY	10:45 ADDOME	10:30 AFA 11:30 AFA	10:45 STRETCHING	10:45 FLEXABILITY	10:30 AFA 11:30 AFA	10:45 ABS	10:30 ABS
13:15 PUMP	13:15 FITBOXE		13:15 TABATA	13:15 PILATES ROLLER		13:15 FITBOXE JITSU	
14:00 HARDCORE	14:00 PILATES ROLLER		14:00 UPPER BODY	14:00 GAG		14:00 VERTEBRALE	
14:30 PILATES	14:30 GAG		14:30 VERTEBRALE	14:30 FLEXABILITY			
17:00 TOTALBODY	17:00 PILATES		17:00 GAG	17:00 VERTEBRALE		17:00 CHAIR	
17:45 TABATA ADDOME	17:45 CARDIO TONO		17:45 HARD CORE	17:45 TABATA		17:45 PILATES	
18:15 FIT DANCE	18:15 PUMP		18:15 VERTEBRALE	18:15 STEP CO		18:15 ZUMBA	
19:00 FITBOXE JITSU	19:00 FITBOXE JITSU		19:00 CIRCUIT TRAINING	19:00 FITBOXE JITSU		19:00 CIRCUIT TRAINING	
19:45 SAVATE	19:45 SAVATE			19:45 SAVATE			