

# PLANNINGCORSI

STAGIONE 2023/24



**ORARIO PALESTRA:**  
DAL LUNEDÌ AL VENERDÌ: **7:00-22:00**  
SABATO: **9:00-18:00**  
DOMENICA: **9:00-13:00**

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:00 FUNZIONALE			7:00 FUNZIONALE		
9:00 CORPO LIBERO		9:00 VERTEBRALE SILVER FIT	9:00 VERTEBRALE	9:00 CORPO LIBERO	
10:00 PILATES	9:30 BODY&MIND	10:00 TONE	10:00 DOLCE SILVER FIT	10:00 PILATES	
11:00 TRAINING GROUP	10:15 HIIT	10:00 TRAINING GROUP	11:00 TRAINING GROUP	10:00 TRAINING GROUP	11:00 TRAINING GROUP
11:00 AFA - ALTA FUNZIONE	11:00 YOGA		11:00 YOGA	11:00 AFA - ALTA FUNZIONE	
12:00 AFA - BASSA FUNZIONE				12:00 AFA - BASSA FUNZIONE	
13:00 GAG	13:00 PILATES	13:00 PUMP	13:00 HIIT	13:00 TOTAL BODY TABATA	13:00 CIRCUIT TONE
15:00 CIRCUIT TRAINING		15:00 CIRCUIT TRAINING		15:00 CIRCUIT TRAINING	
16:00 TRAINING GROUP	16:00 TRAINING GROUP	16:00 TRAINING GROUP	16:00 TRAINING GROUP	16:00 TRAINING GROUP	16:00 TRAINING GROUP
	16:00 DIFESA PERSONALE		16:00 DIFESA PERSONALE		
17:30 PILATES	17:30 BIKE TRAINING	17:30 PILATES	17:00 PUMP	17:30 PILATES TONO	
18:15 GAG	17:45 BODY&MIND	18:15 TOTAL BODY TABATA	17:45 BODY&MIND	18:30 TOTAL BODY TABATA	
	18:30 CIRCUIT TRAINING		18:30 FIT BOXE	19:15 STEP TONO	
19:30 PUMP			19:00 BIKE TRAINING		
20:15 ZUMBA	19:30 FIT BOXE		19:30 PUMP		
			20:15 ZUMBA		

SALA PESI

SILVER FIT