

LUNEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	H.E.A.T. program-get walking	Cardio	Michele
07.25-07.55	GRIT 🏆	Energy	Matteo
08.10-08.40	Play Omnia/Omnia Group* 😊	Functional	Salvatore
08.10-09.00	Body Balance	Energy	Matteo
09.05-09.35	CX Worx - Addominali	Energy	Matteo
09.05-09.55	Matwork Pilates 😊	Conscious	Gabriella
09.40-10.10	Gambe e Glutei	Energy	Matteo
10.00-10.35	Play Omnia/Omnia Group* 😊	Functional	Salvatore
10.05-11.00	Yoga in Volo*	Conscious	Gabriella
10.15-10.45	Upper Body	Energy	Matteo
10.50-11.20	Body Tone 🏆 NEW	Energy	Matteo
11.05-11.50	Postural Training	Vitality	Federico
11.10-12.25	Hatha Yoga	Conscious	Gabriella
11.30-12.15	Total Body Workout	Energy	Denis
12.00-12.45	TRX*	Vitality	Federico
12.15-12.35	Stretching	Energy	Denis
12.15-12.45	Sprint - Interval Training* 🏆	Cardio	Stefania
12.15-13.00	Play Omnia/Omnia Group* 😊	Functional	Raffaella
12.40-13.10	Addominali	Energy	Denis
13.00-14.00	Vinyasa Yoga	Conscious	Gabriella
13.10-14.00	Total Body Workout	Energy	Denis
13.15-13.55	Get Walking*	Cardio	Nicola
13.15-13.45	Get Boxe	Vitality	Salvatore
14.00-14.45	Circuit Training	Functional	Matteo C.
14.10-15.00	Zumba	Vitality	Rosalba
14.15-15.05	Pancafit*	Conscious	Federico
15.10-15.40	Addominali	Energy	Denis
15.15-16.30	Hatha Yoga	Conscious	Gabriella
15.45-16.15	Gambe e Glutei	Energy	Denis
16.15-16.45	Stretching	Vitality	Alessio V.
16.30-17.00	Play Omnia/Omnia Group* 😊	Functional	Raffaella
17.15-17.45	Functional Training	Functional	Alessio V.
17.30-18.15	TRX*	Vitality	Riccardo
17.45-18.15	Gambe e Glutei	Energy	Francesco
18.00-18.45	Get Walking*	Cardio	Renzo
18.30-19.00	Addominali	Functional	Riccardo
18.30-19.15	Matwork Pilates 😊	Conscious	Gabriella
18.30-19.30	Body Pump	Energy	Matteo
19.00-19.30	Sprint - Interval Training* 🏆	Cardio	Renzo
19.00-19.30	Play Omnia/Omnia Group* 😊	Functional	Riccardo
19.15-20.30	Vinyasa Yoga	Conscious	Gabriella
19.30-20.25	Total Body Workout	Energy	Antonella
19.40-20.35	Indoor Cycle* 🏆	Cardio	Beppe
19.45-20.15	Impacto Training NEW	Functional	Riccardo
20.00-20.45	TRX*	Vitality	Federica
20.30-21.00	CX Worx - Addominali	Energy	Antonella
20.30-21.15	Presciistica	Functional	Riccardo
20.35-21.30	Matwork Pilates 😊	Conscious	Gabriella
20.45-21.35	Indoor Cycle* 🏆	Cardio	Beppe
21.05-21.30	Gambe e Glutei	Energy	Antonella

MARTEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	Indoor Cycle* 🏆	Cardio	Cristina
08.00-08.55	Vinyasa Yoga	Conscious	Yong
08.10-08.55	Total Body Workout	Energy	Anita
09.00-09.30	Impacto Training NEW	Functional	Riccardo
09.00-10.05	Hatha Yoga	Conscious	Yong
09.00-10.00	Matwork Pilates 😊	Energy	Anita
09.20-09.50	GAG	Vitality	Sabina
09.30-10.00	Sprint - Interval Training* 🏆	Cardio	Daniele
10.10-10.55	Total Body Workout	Energy	Sabina
10.10-11.00	Pancafit*	Conscious	Federica
10.30-11.00	Play Omnia/Omnia Group* 😊	Functional	Daniele
11.00-11.30	Upper Body	Vitality	Sabina
11.00-11.55	Get Walking*	Cardio	Renzo
11.05-11.55	Postural Training	Energy	Daniele M.
11.15-12.05	Body Balance	Conscious	Matteo
11.35-12.05	Gambe e Glutei	Vitality	Sabina
12.10-13.10	Matwork Pilates 😊	Conscious	Anita
12.15-12.45	Functional Training	Functional	Fabio
12.15-12.45	Addominali	Energy	Sabina
12.15-13.00	TRX*	Vitality	Riccardo
13.15-14.00	Play Omnia/Omnia Group* 😊	Functional	Raffaella
13.00-14.00	Indoor Cycle* 🏆	Cardio	Renzo
13.10-14.05	Body Pump	Energy	Matteo
13.10-14.10	Body Balance	Conscious	Sabina
13.15-13.45	CX Worx - Addominali	Vitality	Marta
14.15-15.00	Matwork Pilates 😊	Conscious	Sabina
14.30-15.15	Get Walking Circuit*	Cardio	Raffaella
15.00-15.45	Zumba	Vitality	Estefany
15.15-16.00	Pancastretch*	Conscious	Matilde
15.45-16.00	Addominali	Vitality	Estefany
16.10-17.00	Total Body Workout	Energy	Denis
16.15-16.45	Stretching	Conscious	Alessio V.
17.30-18.00	Play Omnia/Omnia Group* 😊	Functional	Luca
17.45-18.30	Posturale schiena	Conscious	Caterina
18.15-19.00	TRX*	Vitality	Angelo
18.30-19.15	Get Walking*	Cardio	Renzo
18.40-19.35	Matwork Pilates 😊	Conscious	Anita
18.45-19.30	Circuit Training	Functional	Raffaella
19.00-19.50	Zumba	Energy	Rosalba
19.10-19.40	GRIT 🏆	Vitality	Denis
19.30-20.15	Get Walking*	Cardio	Renzo
19.40-20.40	Body Balance	Conscious	Anita
19.45-20.15	Play Omnia/Omnia Group* 😊	Functional	Angelo
19.50-20.35	GAG	Vitality	Marta
19.55-20.45	Body Pump	Energy	Denis
20.30-21.15	H.E.A.T. program-get walking	Cardio	Michele
20.40-21.20	Play Omnia/Omnia Group* 😊	Functional	Estefany
20.45-21.30	TRX*	Vitality	Felix
20.45-21.40	Total Body Workout	Energy	Marta
20.50-21.35	Postural Training	Conscious	Denis
21.30-21.50	Stretching	Vitality	Felix

MERCOLEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
09.15-09.55	Body Tone 🏆 NEW	Vitality	Marta
09.25-09.55	Stretching	Conscious	Daniele M.
09.45-10.15	Circuit Training	Functional	Riccardo
10.00-10.25	Upper Body	Vitality	Marta
10.00-10.50	Postural Training	Conscious	Federico
10.00-10.55	Zumba	Energy	Rosalba
10.30-11.00	CX Worx - Addominali	Vitality	Marta
10.30-11.30	Indoor Cycle* 🏆	Cardio	Renzo
11.00-11.50	Pancafit*	Conscious	Federico
11.05-11.55	Total Body Workout	Energy	Rosalba
12.00-12.30	Play Omnia/Omnia Group* 😊	Functional	Anita
12.00-12.50	Pancafit*	Conscious	Federico
12.00-13.00	Get Walking*	Cardio	Renzo
13.00-13.45	Circuit Training	Functional	Matteo C.
13.10-14.00	Zumba	Energy	Estefany
13.15-13.55	Get Walking*	Cardio	Nicola
13.15-14.00	TRX*	Vitality	Federico
13.15-14.15	Matwork Pilates 😊	Conscious	Anita
14.10-14.55	Body Tone 🏆 NEW	Energy	Giulia
14.15-14.55	Postural Training	Conscious	Caterina
15.00-15.30	CX Worx - Addominali	Energy	Giulia
15.00-16.00	Matwork Pilates 😊	Conscious	Anita
15.40-16.20	Body Balance	Energy	Giulia
16.05-16.50	Respiro	Conscious	Renzo
16.30-17.00	Addominali	Functional	Daniele
17.30-18.00	Play Omnia/Omnia Group* 😊	Functional	Raffaella
17.45-18.30	Get Boxe	Vitality	Alessio R.
18.00-18.30	Sprint - Interval Training* 🏆	Cardio	Luca/Stefania
18.30-19.25	Pancastretch*	Conscious	Matilde
18.40-19.25	TRX*	Vitality	Francesco
18.45-19.10	Gambe e Glutei	Energy	Matteo
18.45-19.30	Get Walking Circuit*	Cardio	Raffaella
19.15-20.00	BodyAttack 🏆 NEW	Energy	Matteo
19.30-20.25	Matwork Pilates 😊	Conscious	Matilde
19.45-20.35	Indoor Cycle* 🏆	Cardio	Bruno
19.50-20.35	Functional Training	Functional	Luca
20.00-20.30	CX Worx - Addominali	Energy	Matteo
20.30-21.00	Yoga Flex	Conscious	Matilde
20.30-21.15	TRX*	Vitality	Giorgio
20.40-21.00	Stretching	Functional	Luca
20.40-21.40	Body Pump	Energy	Matteo
20.45-21.35	Indoor Cycle* 🏆	Cardio	Bruno
21.00-22.15	Vinyasa Yoga	Conscious	Gabriele

GIOVEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	Indoor Cycle* 🏆	Cardio	Giovanni/Patrizia
07.15-08.00	Presciistica	Functional	Riccardo
08.00-08.40	Play Omnia/Omnia Group* 😊	Functional	Salvatore
08.05-08.55	Matwork Pilates 😊	Energy	Gianluca
09.00-09.55	Body Balance	Energy	Gianluca
09.00-09.55	Total Body Workout	Vitality	Emanuela
09.15-10.00	Postural Training	Conscious	Marta
10.00-10.45	TRX Circuit*	Vitality	Salvatore
10.00-10.55	Body Tone 🏆 NEW	Energy	Gianluca
10.10-10.55	Matwork Pilates 😊	Conscious	Emanuela
10.20-10.50	Circuit Training	Functional	Federico
10.45-11.40	Get Walking*	Cardio	Renzo
11.00-11.50	Pancafit*	Conscious	Federico
11.00-12.00	Stretching	Vitality	Gianluca
11.05-11.35	GAG	Energy	Emanuela
11.35-12.05	Upper Body	Energy	Emanuela
12.00-12.30	Play Omnia/Omnia Group* 😊	Functional	Daniele
12.10-13.00	Matwork Pilates 😊	Energy	Emanuela
12.15-12.45	Sprint - Interval Training* 🏆	Cardio	Renzo
12.40-13.00	Addominali	Functional	Daniele
13.00-13.55	Yoga in Volo*	Conscious	Gabriele
13.00-13.55	Indoor Cycle* 🏆	Cardio	Mauro
13.10-14.00	Body Pump	Energy	Denis
13.15-13.45	GRIT 🏆	Vitality	Emanuela
13.15-13.55	Play Omnia/Omnia Group* 😊	Functional	Salvatore
14.00-14.55	Vinyasa Yoga	Conscious	Gabriele
14.05-14.35	Addominali	Functional	Salvatore
15.10-16.10	Vinyasa Yoga	Conscious	Gabriele
15.30-16.25	Total Body Workout	Energy	Denis
16.30-17.00	Stretching	Energy	Denis
17.30-18.00	Circuit Training	Functional	Angelo
18.15-19.15	Power Yoga	Conscious	Gabriele
18.10-18.30	Addominali	Functional	Angelo
18.30-19.20	Total Body Workout	Energy	Denis
18.30-19.30	Walking vs Cycle*	Cardio	Renzo
18.45-19.20	Circuit Training	Functional	Anna L.
18.45-19.30	TRX Circuit*	Vitality	Angelo
19.20-20.20	Yoga in Volo*	Conscious	Gabriele
19.30-20.30	Body Pump	Energy	Anna L.
19.40-20.25	GAG	Vitality	Denis
19.45-20.15	Sprint - Interval Training* 🏆	Cardio	Luca
20.30-21.20	Zumba	Vitality	Estefany
20.40-21.10	Functional Training	Functional	Renzo
20.40-21.25	H.E.A.T. program-get walking	Cardio	Michele
20.45-21.15	Pancafit*	Conscious	Federica

VENERDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.25-07.55	BodyAttack 🏆 NEW	Energy	Giulia
08.00-08.30	Sprint - Interval Training* 🏆	Cardio	Stefania
07.30-08.30	Vinyasa Yoga	Conscious	Gabriele
08.00-08.30	Body Pump Express	Energy	Giulia
08.30-09.45	Ashtanga Yoga	Conscious	Gabriele
08.35-09.05	CX Worx - Addominali	Energy	Giulia
09.30-10.00	Play Omnia/Omnia Group* 😊	Functional	Riccardo/Stefania
09.30-10.15	Total Body Workout	Energy	Anita
10.00-10.45	Get Boxe	Vitality	Alessio R.
10.15-10.50	Impacto Training NEW	Functional	Riccardo/Stefania
10.20-11.05	Zumba	Energy	Estefany
10.30-11.30	Matwork Pilates 😊	Conscious	Anita
11.15-12.00	Total Body Workout	Energy	Sabina
12.00-12.40	Circuit Training	Functional	Renzo
12.00-12.55	Pancastretch*	Conscious	Matilde
12.10-12.40	Upper Body	Energy	Sabina
12.45-13.00	Addominali	Energy	Sabina
13.00-14.00	Indoor Cycle* 🏆	Cardio	Renzo
13.10-14.00	Total Body Workout	Energy	Anita
13.10-14.00	Body Balance	Conscious	Sabina
13.15-13.55	Circuit Training	Functional	Raffaella
13.15-14.00	Zumba	Vitality	Rosalba
14.05-14.35	Postural Training	Conscious	David
14.05-14.35	Stretching	Vitality	Rosalba
14.10-15.00	Matwork Pilates 😊	Energy	Matilde
14.40-15.30	Pancafit*	Conscious	David
15.10-15.55	BodyAttack 🏆 NEW	Energy	Matteo
15.55-16.10	Stretching	Energy	Matteo
16.00-16.30	Circuit Training	Functional	Luca
16.15-16.45	CX Worx - Addominali	Energy	Matteo
18.00-18.40	Play Omnia/Omnia Group* 😊	Functional	Luca
18.30-19.15	Postural Training	Conscious	Angelo
18.45-19.15	Sprint - Interval Training* 🏆	Cardio	Luca
19.30-20.25	Indoor Cycle* 🏆	Cardio	Patrizia
20.30-21.00	Play Omnia/Omnia Group* 😊	Functional	Giorgio

SABATO

ORA	ATTIVITÀ	SALA	TRAINER
10.10-10.40	Get Boxe / Combat	Energy	Deborah/Giulia
10.15-11.00	Matwork Pilates 😊	Conscious	A rotazione
10.15-11.00	TRX*	Vitality	Felix
10.45-11.40	Total Body W. / BodyAttack	Energy	Deborah/Giulia
11.00-11.40	Play Omnia/Omnia Group* 😊	Functional	Trainer sala
11.05-11.55	Matwork Pilates 😊	Conscious	A rotazione
11.45-13.15	Indoor Cycle* 🏆	Cardio	Felix
11.50-12.20	GRIT 🏆	Energy	Deborah/Giulia
12.00-12.50	Body Balance	Conscious	A rotazione
12.25-13.05	GAG / CX Worx	Energy	Deborah/Giulia
13.00-13.40	Play Omnia/Omnia Group* 😊	Functional	Trainer sala
13.00-13.50	Matwork Pilates 😊	Conscious	A rotazione
13.10-14.10	Zumba	Energy	Emerson
14.00-14.30	Body Balance	Conscious	A rotazione
16.15-16.45	Play Omnia/Omnia Group* 😊	Functional	A rotazione
16.45-17.00	Addominali	Functional	A rotazione
17.15-17.45	Circuit Training	Functional	A rotazione
17.45-18.00	Stretching	Functional	A rotazione

DOMENICA

ORA	ATTIVITÀ	SALA	TRAINER
10.10-11.10	Vinyasa Yoga	Energy	A rotazione
11.00-11.55	Indoor Cycle* 🏆	Cardio	A rotazione
11.15-12.10	Total Body Workout	Energy	A rotazione
11.30-12.30	Vinyasa Yoga*	Conscious	A rotazione
12.05-13.00	Indoor Cycle* 🏆	Cardio	A rotazione
12.15-13.15	Body Pump / Ton. Funzionale	Energy	A rotazione
14.30-15.00	Play Omnia/Omnia Group* 😊	Functional	Francesco
15.15-15.45	Upper Body	Energy	Francesco
15.50-16.20	GAG	Energy	Francesco
16.25-17.00	Postural Training	Energy	Francesco
17.15-18.00	Tonificazione Funzionale	Energy	Francesco

ATTIVITÀ IN ACQUA

GIORNO	ORA	ATTIVITÀ	TRAINER
LUNEDÌ	08.30-09.15	Acquagym	Sergio
	11.00-11.45	Acquagym	Sergio
	19.30-20.15	Hydrobike*	Eddy
	20.40-21.25	Hydrobike*	Eddy
MARTEDÌ	10.30-11.15	Acquagym	Emerson
	13.15-14.00	Acquagym	