

lunedì

ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	SkillAthletic* 🔥	SkillAthletic	Fabio
07.25-07.55	Grit 🔥	Energy	Matteo
08.00-08.30	Sprint-Interval Training*	Cardio	Luca
08.00-08.40	Circuit Training 🔥	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	G.A.G.	Energy	Matteo
10.05-11.00	Yoga in Volo*	Conscious	Gabriella
10.15-10.45	Upper Body	Energy	Matteo
11.00-11.50	Postural Training 😊	Vitality	Stefania
11.10-12.25	Hatha Yoga	Conscious	Gabriella
11.30-12.15	Total Body Workout	Energy	Denis
11.45-12.45	Indoor Cycle* 🔥	Cardio	Renzo
12.15-12.35	Stretching 😊	Energy	Denis
12.15-13.00	TRX Circuit*	Vitality	Raffaella/Fabio
12.40-13.10	Addominali	Energy	Denis
13.00-14.00	Vinyasa Yoga	Conscious	Gabriella
13.10-14.00	Total Body Workout	Energy	Denis
13.10-14.00	SkillAthletic*	SkillAthletic	Angelo
13.15-13.45	Get Boxe	Vitality	Salvatore
13.15-13.55	Walking Circuit*	Cardio	Nicola
14.00-14.30	Circuit Training 🔥	Functional	Matteo C.
14.10-15.00	Zumba 😊	Vitality	Rosalba
14.15-15.05	Pancafit*	Conscious	Chiara
15.00-15.25	Addominali	Energy	Denis
15.15-16.30	Hatha Yoga	Conscious	Gabriella
15.30-16.00	G.A.G.	Energy	Denis
16.30-17.00	Play Omnia* 😊	Functional	Estefany
17.30-18.30	Interval Training*	Cardio	Renzo
18.30-19.00	Addominali	Functional	Giorgio
18.30-19.15	Matwork Pilates 😊	Conscious	Gabriella
18.30-19.30	Body Pump	Energy	Matteo
18.45-19.15	Sprint-Interval Training*	Cardio	Renzo
19.00-19.30	Play Omnia* 😊	Functional	Stefania/Giorgio
19.15-20.30	Vinyasa Yoga	Conscious	Gabriella
19.30-20.25	Indoor Cycle* 🔥	Cardio	Beppe
19.35-20.25	Total Body Workout	Energy	Antonella
20.00-21.00	SkillAthletic* 🔥	SkillAthletic	Matteo
20.30-21.00	CX Worx Addominali	Energy	Antonella
20.30-21.15	TRX Circuit*	Vitality	Giorgio
20.35-21.30	Matwork Pilates 😊	Conscious	Gabriella
20.35-21.30	Indoor Cycle* 🔥	Cardio	Beppe
21.05-21.30	G.A.G.	Energy	Antonella

venerdì

ORA	ATTIVITÀ	SALA	TRAINER
07.10-08.00	SkillAthletic* 🔥	SkillAthletic	Angelo
07.15-08.00	Interval Training	Energy	Anita
07.30-08.30	Vinyasa Yoga	Conscious	Gabriele
08.00-08.30	Sprint-Interval Training* 🔥	Cardio	Stefania
08.10-08.40	Upper Body	Energy	Estefany
08.30-09.45	Ashtanga Yoga	Conscious	Gabriele
08.45-09.15	G.A.G.	Energy	Estefany
09.30-10.00	Play Omnia* 😊	Functional	Estefany
09.30-10.15	Body Balance	Energy	Anita
10.00-10.45	Get Boxe	Vitality	Alessio R.
10.20-11.05	Zumba 😊	Energy	Estefany
10.30-11.30	Matwork Pilates 😊	Conscious	Anita
11.00-12.00	Respiro 😊 NEW	Vitality	Renzo
11.15-12.00	Total Body Workout	Energy	Sabina
12.05-13.00	Pancafit*	Conscious	Matilde
12.15-13.00	Circuit Training	Functional	Renzo
12.10-12.40	Upper Body	Energy	Sabina
13.00-14.00	Indoor Cycle* 🔥	Cardio	Renzo
13.00-14.00	Zumba 😊	Vitality	Rosalba
13.10-14.00	SkillAthletic* 🔥	SkillAthletic	Denis
13.10-14.00	Total Body Workout	Energy	Marta
13.10-14.00	Body Balance	Conscious	Sabina
13.15-13.55	Circuit Training	Functional	Raffaella/Emanuele
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
17.00-17.30	Circuit Training	Functional	Luca
18.10-18.55	Get Dance	Vitality	Marta
18.30-19.00	Grit 🔥	Energy	Luca
19.00-19.45	Total Body Workout	Energy	Marta
19.00-20.00	Suspension Pilates*	Conscious	Alice
19.00-20.00	Indoor Cycle* 🔥	Cardio	Patrizia
19.30-20.15	Play Omnia* 😊	Functional	Luca
19.50-20.35	Body Balance	Energy	Marta
20.40-21.10	CX Worx Addominali	Energy	Marta

martedì

ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.15	Indoor Cycle* 🔥	Cardio	Cristina
07.25-08.15	Vinyasa Yoga	Conscious	Yong
08.10-08.55	Total Body Workout	Energy	Anita
08.20-09.10	Vinyasa Yoga	Conscious	Yong
09.00-10.00	Matwork Pilates 😊	Vitality	Anita
09.15-10.05	Hatha Yoga	Conscious	Yong
10.10-10.55	Total Body Workout	Energy	Sabina
10.15-11.05	Pancafit*	Conscious	Yong
10.30-11.00	Play Omnia* 😊	Functional	Luca
11.00-11.55	Interval Training	Cardio	Renzo
11.05-11.55	Postural Training 😊	Energy	Daniele M.
11.15-12.05	Body Balance	Conscious	Matteo
12.10-13.10	Matwork Pilates 😊	Vitality	Anita
12.15-12.45	Circuit Training	Functional	Luca
12.15-13.00	Vinyasa Yoga	Conscious	Sabina
13.00-14.00	Indoor Cycle* 🔥	Cardio	Renzo
13.10-14.00	SkillAthletic* 🔥	SkillAthletic	Denis
13.10-14.00	Zumba 😊	Vitality	Estefany
13.10-14.05	Body Pump	Energy	Matteo
13.10-14.10	Body Balance	Conscious	Sabina
13.15-14.00	Circuit Training 🔥	Functional	Raffaella/Luca
14.15-15.00	Matwork Pilates 😊	Conscious	Sabina
15.10-16.10	Pancafit*	Conscious	Matilde
16.10-17.00	Total Body Workout	Energy	Denis
17.45-18.30	Postural Training	Conscious	Caterina
18.10- 19.00	Incontra il Nutrizionista	Energy	Marco
18.15- 19.00	TRX Circuit*	Vitality	Angelo
18.25-19.25	Walking Circuit*	Cardio	Renzo
18.40-19.35	Matwork Pilates 😊	Conscious	Anita
18.45-19.30	SkillAthletic* 🔥	SkillAthletic	Fabio
18.45-19.30	Circuit Training 🔥	Functional	Raffaella/Salvatore
19.00-19.50	Zumba 😊	Vitality	Rosalba
19.10-19.40	Grit 🔥	Energy	Denis
19.30-20.30	Walking Circuit*	Cardio	Renzo
19.40-20.35	Body Balance	Conscious	Anita
19.45-20.15	Impacto Training 😊	Functional	Angelo
19.50-20.40	Body Pump	Energy	Denis
19.55-20.40	G.A.G.	Vitality	Marta
20.00-20.50	SkillAthletic* 🔥	SkillAthletic	Fabio
20.35-21.35	Walking Circuit*	Cardio	Renzo
20.40-21.20	Circuit Training 🔥	Functional	Salvatore
20.45-21.30	TRX Circuit*	Vitality	Felix
20.40-21.30	Pancafit*	Conscious	Anita
20.45-21.40	Total Body Workout	Energy	Marta
21.30-21.45	Stretching 😊	Vitality	Felix

sabato

ORA	ATTIVITÀ	SALA	TRAINER
10.10-10.55	TRX Circuit*	Vitality	A rotazione
10.15-11.00	Matwork Pilates 😊	Conscious	A rotazione
11.00-11.40	Play Omnia* 😊	Functional	A rotazione
11.00-11.45	Total Body Workout	Energy	A rotazione
11.05-11.55	Matwork Pilates 😊	Conscious	A rotazione
11.30-13.00	Indoor Cycle* 🔥	Cardio	Beppe/Renzo
11.50-12.20	Grit/Interval Training	Energy	A rotazione
12.00-13.00	Body Balance	Conscious	A rotazione
12.25-13.05	G.A.G.	Energy	A rotazione
13.00-13.40	Circuit Training	Functional	A rotazione
13.10-14.00	Matwork Pilates 😊	Conscious	A rotazione
13.10-14.10	Zumba 😊	Energy	Emerson
16.00-16.30	Interval Training	Vitality	A rotazione
16.30-17.00	Addominali	Vitality	A rotazione
17.05-17.50	Trx Circuit*	Vitality	A rotazione
17.50-18.05	Stretching 😊	Vitality	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	Interval Training	Vitality	Giorgio
15.15-15.45	Upper Body	Vitality	Giorgio
15.50-16.20	G.A.G.	Vitality	Giorgio
16.25-17.10	Matwork Pilates 😊	Vitality	Giorgio
17.15-18.00	Trx Circuit*	Vitality	Giorgio

mercoledì

ORA	ATTIVITÀ	SALA	TRAINER
09.15-09.55	Body Tone	Energy	Marta
09.25-09.55	Stretching	Conscious	Estefany.
10.00-10.25	Upper Body	Vitality	Marta
10.00-10.50	Postural Training	Conscious	Federico/Matteo
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
11.10-11.55	Body Balance	Vitality	Marta
12.00-12.30	Play Omnia* 😊	Functional	Anita
12.00-12.50	Pancafit*	Conscious	Federico
12.00-13.00	Walking Circuit*	Cardio	Renzo
13.00-13.45	Circuit Training	Functional	Matteo C.
13.10-14.00	SkillAthletic*	SkillAthletic	Angelo
13.15-13.55	Walking Circuit*	Cardio	Nicola
13.15-14.00	TRX Circuit*	Vitality	Raffaella/Giorgio
13.15-14.15	Matwork Pilates 😊	Conscious	Anita
13.15-14.00	Body Attack 🔥	Energy	Fabrizio
14.00-14.30	Body Balance	Energy	Fabrizio
14.15-14.55	Postural Training 😊	Conscious	Caterina
14.10-15.00	Zumba 😊	Vitality	Estefany
15.00-16.00	Matwork Pilates 😊	Conscious	Anita
17.30-18.00	Play Omnia* 😊	Functional	Giorgio
18.00-18.30	Get Boxe	Vitality	Alessio R.
18.30-19.25	Pancafit*	Conscious	Matilde
18.45-19.10	G.A.G.	Energy	Matteo
18.45-19.30	Walking Circuit*	Cardio	Raffaella/Stefania
18.45-19.30	Circuit Training	Functional	Bruno M.
19.15-20.00	Body Attack	Energy	Matteo
19.30-20.15	Matwork Pilates 😊	Conscious	Matilde
19.40-20.25	Zumba 😊	Vitality	Bruno M.
19.40-20.35	Indoor Cycle* 🔥	Cardio	Bruno
20.00-20.30	CX Worx Addominali	Energy	Matteo
20.30-21.00	Body Balance	Conscious	Matilde
20.30-21.15	TRX Circuit*	Vitality	Giorgio
20.30-21.30	SkillAthletic* 🔥	SkillAthletic	Fabio
20.40-21.35	Indoor Cycle* 🔥	Cardio	Bruno
20.40-21.40	Body Pump	Energy	Matteo
21.00-22.15	Vinyasa Yoga	Conscious	Gabriele

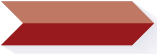
Attività in acqua

GIORNO	ORA	ATTIVITÀ	TRAINER
LUNEDÌ	08.30-09.15	Acquagym	Sergio
	11.00-11.45	Acquagym	Sergio
	19.30-20.15	Hydrobike*	Eddy
	20.30-21.15	Hydrobike*	Eddy
MARTEDÌ	10.30-11.15	Acquagym	Emerson
	13.10-13.55	Acquagym	Emerson
	19.30-20.15	Acquagym	Davide
	20.40-21.25	Acquagym	Davide
MERCOLEDÌ	11.00-11.45	Aquagym	Barbara
	12.30-13.15	Hydrobike*	Barbara
	19.30-20.15	Hydrobike*	Giorgio
	20.40-21.25	Hydrobike*	Liliana
GIOVEDÌ	11.15-12.00	Acquagym	Sergio
	13.15-14.00	Acquagym	Sergio
	19.40-20.25	Hydrobike*	Luca M.
	20.40-21.25	Acquagym	Luca M.
VENERDÌ	08.00-08.45	Acquagym	Emerson
	10.00-10.45	Hydrobike*	Emerson
	15.00-15.45	Acquagym	Edoardo
SABATO	10.30-11.15	Acquagym	Emerson
	11.15-12.00	Acquagym	Emerson
	12.15-12.45	Hydrobike*	Emerson
DOMENICA	13.15-14.00	Hydrobike*	Giorgio

giovedì

ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	Indoor Cycle* 🔥	Cardio	Giovanni/Patrizia
07.15-08.00	Body Balance	Energy	Gianluca
08.00-08.40	Circuit Training	Functional	Salvatore
08.05-08.55	Matwork Pilates 😊	Energy	Gianluca
09.00-09.45	Postural Training 😊	Conscious	Federico
09.00-09.55	Body Balance	Energy	Gianluca
09.00-09.55	Total Body Workout	Vitality	Emanuela
10.00-10.55	Get Barre	Energy	Gianluca
10.00-11.00	SkillAthletic* 🔥	SkillAthletic	Federico
10.10-10.55	TRX Circuit*	Vitality	Salvatore
10.10-10.55	Matwork Pilates 😊	Conscious	Emanuela
11.00-12.00	Stretching 😊	Energy	Gianluca
11.00-12.00	Zumba 😊	Vitality	Emanuela
11.10-12.00	Pancafit*	Conscious	Federico
12.00-12.30	Play Omnia* 😊	Functional	Giorgio
12.10-13.00	Matwork Pilates 😊	Conscious	Emanuela
12.15-13.00	TRX Circuit*	Vitality	Federico
12.20-12.50	Sprint-Interval Training* 🔥	Cardio	Fabio
12.30-13.00	Addominali	Functional	Giorgio
13.00-13.55	Indoor Cycle* 🔥	Cardio	Mauro
13.00-14.00	Yoga in Volo*	Conscious	Gabriele
13.10-14.00	Body Pump	Energy	Denis
13.10-14.00	SkillAthletic* 🔥	SkillAthletic	Federico
13.15-13.55	Circuit Training	Functional	Salvatore
13.15-14.00	Body Balance	Vitality	Emanuela
14.10-14.55	Postural Training 😊	Vitality	Fabio
14.30-15.30	Vinyasa Yoga	Conscious	Gabriele
15.30-16.25	Total Body Workout	Energy	Denis
17.50-18.35	Postural Training 😊	Vitality	Angelo
18.15-19.15	Power Yoga	Conscious	Gabriele
18.30-19.20	Total Body Workout	Energy	Denis
18.30-19.30	Interval Training	Cardio	Renzo
18.40-19.30	SkillAthletic* 🔥	Skill Athletic	Anna L.
18.45-19.30	TRX Circuit*	Vitality	Angelo
19.20-20.20	Yoga in Volo*	Conscious	Gabriele
19.40-20.25	G.A.G.	Vitality	Denis
19.45-20.15	Sprint-Interval Training* 🔥	Cardio	Luca
19.45-20.30	Body Pump	Energy	Anna L.
20.00-20.30	Circuit Training	Functional	Renzo
20.30-21.30	Zumba 😊	Vitality	Estefany
20.40-21.25	Walking Circuit*	Cardio	Luca
20.40-21.10	Grit 🔥	Energy	Anna L.
20.40-21.40	Respiro 😊 NEW	Conscious	Renzo
21.10-21.40	Circuit Training	Functional	Emanuele

LEGENDA ATTIVITÀ DI GRUPPO

**CARDIO E TONIFICAZIONE**

**FUNZIONALI**

**MENTE E CORPO**

 **Ideale per chi è ad un buon livello di allenamento.**
Per chi comincia ad allenarsi ora, questa attività è consigliata dopo 4 settimane di attività SMILE :-). Chiedi sempre ai nostri trainer che saranno felici di aiutarti a raggiungere i tuoi obiettivi.

 **Ideale per iniziare o riprendere dopo un periodo di inattività.**
Per chi comincia ad allenarsi ora, inizia con calma le prime 4 settimane per poi gradualmente aumentare l'intensità; chiedi sempre ai nostri trainer che saranno felici di aiutarti a raggiungere i tuoi obiettivi.