PLANNING – TUTTE LE ATTIVITA' SONO A PRENOTAZIONE

LUNEDÌ

ORA	LEZIONE	SALA	TRAINER
08.00-08.30	G.A.G.	Energy	Oxana
08.00-08.45	Matwork Pilates	PARCO PAGANO*	Homar
08.45-09.15	Upper Body	Energy	Oxana
09.30-10.15	Postural Training	Conscious	Homar
09.30-10.00	Circuit Training	Area Functional	Eddie
09.30-10.15	Total Body Workout	Energy	Oxana
10.30-11.15	Pancafit	Conscious	Homar
11.00-11.45	Acquagym	Piscina	Priscilla
11.00-11.45	Zumba	Energy	Giulia
12.30-13.00	Circuit Training*	Area Functional	Lorenzo
12.30-13.00	Grit	Vitality	Eddie
13.00-13.45	Allegro Pilates	Conscious	Anna S.
13.15-14.00	Hatha Yoga	PARCON PAGANO*	Valentina
13.15-14.00	Hydrobike	Piscina	Arianna
13.15-13.45	LES MILLS Sprint	Vitality	Simone
14.00-14.45	Matwork Pilates	Conscious	Carolina
14.00-14.45	Tonificazione Funzionale	Energy	Anna S.
15.00-15.45	Stretching Funzionale	Conscious	Anna S.
16.30-17.00	Interval Training	PARCO CITY LIFE**	Marco R.
18.00-18.45	Body Balance	Conscious	Arianna
18.15-18.45	Impacto Training	Area Functional	Eddie
18.15-18.45	Grit*	Energy	Marco
18.30-19.15	Acquagym	Piscina	Paolo
19.00-19.30	LES MILLS Sprint	Vitality	Marco/Lorenzo
19.00-19.45	Total Body Workout	Energy	Arianna
19.15-19.45	Circuit Training	PARCO CITY LIFE**	Eddie
20.00-20.45	Matwork Pilates	Conscious	Paolo
20.00-20.45	Body Pump	Energy	Irene
20.35-21.05	Circuit Training	Area Functional	Alice S.
20.35-21.20	Hydrobike	Piscina	Luca
21.00-21.30	Grit*	Vitality	Paolo

MARTEDÌ

ORA	LEZIONE	SALA	TRAINER
07.15-07.45	Allenamento Funzionale	PARCO PAGANO*	Matteo
08.00-08.30	Body Tone	Energy	Matteo
08.45-09.15	Cx Worx - Addominali	Energy	Matteo
08.30-09.15	Acquagym	Piscina	Luca
09.00-09.45	Allegro Pilates	Conscious	Oxana
09.30-10.15	Body Balance	Vitality	Matteo
10.00-10.30	IMPACTO Training	PARCO CITY LIFE**	Eddie
10.00-10.45	Matwork Pilates	Energy	Oxana
11.00-11.30	Addominali	Vitality	Oxana
11.00-11.45	Hydrobike	Piscina	Luca
12.30-13.15	Allegro Pilates	Conscious	Oxana
12.30-13.00	Cx Worx - Addominali	Energy	Lorenzo
13.00-13.45	Indoor Cycle	Vitality	Dario
13.15-13.45	Circuit Training	Area Functional	Simone
13.15-14.00	Total Body Workout	Energy	Arianna
14.30-15.15	Hatha Yoga	Energy	Luigi
16.00-16.40	Matwork Pilates	Conscious	Oxana
18.15-19.00	Body Balance	Vitality	Matteo
18.30-19.00	Cx Worx - Addominali	Energy	Valeria
19.15-19.45	Grit	Vitality	Marco
19.30-20.00	Circuit Training	Area Functional	Alice S.
19.00-19.45	Matwork Pilates	PARCO PAGANO*	Homar
19.30-20.15	Body Attack	Energy	Matteo
20.35-21.20	Allegro Pilates	Conscious	Homar
20.40-21.25	Body Pump	Energy	Matteo
20.40-21.25	Indoor Cycle	Vitality	Matilde

MERCOLEDÌ

ORA	LEZIONE	SALA	TRAINER
07.15-08.00	Body Pump	Energy	Matteo
08.00-08.45	Hatha Yoga	PARCO PAGANO*	Lee Yong
08.30-09.00	Interval Training	Energy	Matteo
09.30-10.00	Circuit Training	Area Functional	Chiara
09.30-10.15	Matwork Pilates	Conscious	Oxana
10.00-10.45	Total Body Workout	Energy	Matteo
10.30-11.15	Allegro Pilates	Conscious	Oxana
10.30-11.15	Hatha Yoga	Vitality	Luigi
11.00-11.45	Acquagym	Piscina	Eddie
11.30-12.00	Pancafit	Conscious	Oxana
13.00-13.45	Body Pump	Energy	Matteo
13.00-13.45	Hatha Yoga	PARCO PAGANO*	Valentina
13.15-14.00	Hydrobike	Piscina	Eddie
13.15-13.45	Circuit Training	Area Functional	Arianna
14.15-15.00	Allegro Pilates	Conscious	Oxana
15.00-15.45	Body Balance	Energy	Arianna
16.15-16.45	G.A.G.	Energy	Andrea F.
18.30-19.15	Acquagym	Piscina	Priscilla
18.00-18.30	IMPACTO Training	Area Functional	Eddie
18.30-19.15	Matwork Pilates	Conscious	Daniele D.
18.30-19.15	Body Pump	Energy	Valeria
18.45-19.30	Indoor Cycle	Vitality	Laura
19.15-19.45	Circuit Training	PARCO CITY LIFE**	Marco R.
19.30-20.15	Body Attack	Conscious	Valeria
20.00-20.30	Cx Worx - Addominali	Vitality	Marco
20.35-21.20	Fight Training	Energy	Davide
20.35-21.05	Circuit Training	Area Functional	Valeria
20.35-21.20	Acquagym	Piscina	Priscilla

GIOVEDÌ

ORA	LEZIONE	SALA	TRAINER
07.15-07.45	Funzionale Les Mills	PARCO PAGANO*	Matteo
08.15-08.45	Tonificazione Funzionale	Energy	Matteo
08.30-09.15	Hydrobike	Piscina	Luca
09.00-09.30	Cx Worx - Addominali	Energy	Matteo
10.00-10.45	Total Body Workout	Energy	Oxana
10.00-10.30	Circuit Training	Area Functional	Chiara
10.30-11.15	Matwork Pilates	Conscious	Daniele D.
11.00-11.45	Acquagym	Piscina	Eddie
11.30-12.00	Stretching funzionale	Conscious	Oxana
12.00-12.45	Hatha Yoga	PARCO CITY LIFE**	Sonia P.
13.00-13.45	Indoor Cycle	Vitality	Laura
13.15-13.45	Cx Worx - Addominali	Energy	Lorenzo
13.15-13.45	IMPACTO Training	Area Functional	Marco
15.00-15.45	Matwork Pilates	Energy	Oxana
17.15-17.45	G.A.G.	Energy	Oxana
18.00-18.45	Matwork Pilates	Conscious	Daniele D.
18.30-19.00	Grit*	Energy	Matteo
19.15-19.45	Circuit Training	PARCO CITY LIFE**	Valeria
19.00-19.30	LES MILLS Sprint	Vitality	Lorenzo/Simone
19.00-19.45	Body Balance	Conscious	Antonella
19.30-20.15	Body Pump	Energy	Matteo
20.00-20.30	Cx Worx - Addominali	Conscious	Antonella
20.35-21.05	Circuit Training	Area Functional	Arianna
20.45-21.30	Total Body Workout	Energy	Antonella

VENERDÌ

ORA	LEZIONE	SALA	TRAINER
07.15-07.45	Grit	Energy	Matteo
08.15-08.45	Cx Worx - Addominali	Energy	Matteo
08.00-08.45	MATWORK PILATES	PARCO PAGANO*	Homar
09.00-09.45	Body Balance	Energy	Matteo
09.30-10.15	Postural Training	Conscious	Homar
10.00-10.45	Total Body Workout	Energy	Matteo
10.30-11.15	Matwork Pilates	Conscious	Homar
11.00-11.45	Acquagym	Piscina	Eddie
11.30-12.00	Body Balance	Energy	Homar
12.00-12.45	Hatha Yoga	PARCO CITY LIFE**	Sonia P.
13.00-13.45	Body Pump	Energy	Domenico
13.15-14.00	Acquagym	Piscina	Eddie
13.15-13.45	Circuit Training	Area Functional	Arianna
15.00-15.45	Acquagym	Piscina	Luca
15.00-15.45	Matwork Pilates	Energy	Carolina
16.00-16.40	Tonificazione Funzionale	Energy	Arianna
18.00-18.45	Body Pump	Energy	Valeria
18.30-19.15	Indoor Cycle	Vitality	Dario
19.00-19.30	Cx Worx - Addominali	Conscious	Valeria
19.00-19.45	Vinyasa Yoga	PARCO CITY LIFE**	Sonia P.
19.30-20.00	Circuit Training	Area Functional	Simone
19.30-20.15	Hydrobike	Piscina	Luca
20.35-21.05	IMPACTO Training	Area Functional	Valeria
20.35-21.15	Total Body Workout	Energy	Paolo

SABATO

ORA	LEZIONE	SALA	TRAINER
09.30-10.00	Grit	Energy	Matteo
10.30-11.15	Body Pump	Energy	Matteo
11.00-11.45	Acquagym	Piscina	Luca
11.00-11.45	Indoor Cycle	Vitality	Rotazione
11.30-12.00	Body Balance	Energy	Matteo
13.00-13.45	Total Body Workout	Energy	Rotazione
13.15-14.00	Hydrobike	Piscina	Luca
14.00-14.30	Addominali	Energy	Rotazione
14.45-15.15	Zumba	Energy	Rotazione
15.00-15.45	Acquagym	Piscina	Luca
15.30-16.00	Jolly Class (Conscious)	Energy	Rotazione
18.00-18.45	Hydrobike	Piscina	Luca

DOMENICA

ORA	LEZIONE	SALA	TRAINER
10.00-10.45	Acquagym	Piscina	Rotazione
10.30-11.15	Hatha Yoga	Conscious	Rotazione
11.00-11.45	Matwork Pilates	Energy	Rotazione
12.15-12.45	Tonificazione Funzionale	Energy	Rotazione
13.00-13.45	Body Pump	Energy	Rotazione
13.15-14.00	Hydrobike	Piscina	Rotazione
14.10-14.40	Addominali	Energy	Rotazione
14.30-15.15	Indoor Cycle	Vitality	Rotazione
15.00-15.30	Circuit Training	Energy	Rotazione

*RITROVO 10 MINUTI PRIMA PRESSO LA ZONA DEI GIOCHI PER BAMBINI

**RITROVO 10 MINUTI PRESSO LA FONTANA