

# GetFIT viale Stelvio | PLANNING dal 07 al 13 Settembre

## LUNEDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
08.15 - 09.00	Hydrobike	Piscina	Luca	18.15 - 18:45	Fight Training	Energy	Niccolò
09.00 - 09.30	G.A.G.	Energy	Klaudia	18.30 - 19.25	Hatha Yoga	Conscious	Anna
09.00 - 10.00	Tai Chi	Parco*	Marco	18.50 - 19.35	Acquagym	Piscina	Emerson
09.30 - 10.15	Acquagym	Piscina	Luca	19.00 - 19.30	Get Boxe	Energy	Niccolò
09.45 - 10.15	Tonificazione Funzion.	Energy	Simone	19.35 - 20.20	Matwork Pilates	Conscious	Klaudia
10.30 - 11.15	Body Balance	Conscious	Klaudia	19.40 - 20.25	Hydrobike	Piscina	Emerson
11.30 - 12.15	Matwork Pilates	Conscious	Francesco	19.45 - 20.15	Grit	Energy	Daniele
13.00 - 13.45	Indoor Cycle	Conscious	Laura	20.30 - 21.00	Addominali	Omnia	Daniele
13.05 - 13.35	Grit	Energy	Francesco	20.30 - 21.15	Zumba	Energy	Emerson
13.15 - 14.00	Acquagym	Piscina	Luca	20.35 - 21.20	Indoor Cycle	Conscious	Zac
13.40- 14.10	Addominali	Omnia	Francesco				

## MARTEDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15 - 08.15	Hatha Yoga	Conscious	Anna	15.00 - 15.45	Hydrobike	Piscina	Emerson
07.20 - 08.05	Body Pump	Energy	Francesca	18.15 - 19.00	Body Pump Express	Energy	Francesca
07.30 - 08.15	Acquagym	Piscina	Cristina	18.15 - 19.00	Body Balance	Conscious	Klaudia
08.30 - 09.15	Matwork Pilates	Conscious	Homar	18.30 - 19.00	Impacto Training	Parco*	Daniele
09.15 - 10.00	Metodo Feldenkreis	Conscious	Valeria	18.30 - 19.15	Hydrobike	Piscina	Emerson
09.30 - 10.15	Total Body Workout	Energy	Homar	19.00 - 19.30	Body Attack	Energy	Francesca
10.30 - 11.00	Tonificazione Funzion.	Energy	Alessandro	19.15 - 20.00	Indoor Cycle	Conscious	Giancarlo
10.30 - 11.15	Acquagym	Piscina	Cristina	19.15 - 19.45	Addominali	Parco*	Daniele
10.30 - 11.15	Pancafit	Conscious	Homar	19.30 - 20.15	Acquagym	Piscina	Emerson
11.30 - 12.15	Postural Training	Energy	Homar	19.45 - 20.15	Cx Worx	Energy	Francesca
13.15 - 14.00	Body Pump	Energy	Raul	20.30 - 21.15	Total Body Workout	Energy	Francesca
13.15 - 13.45	Skill Group	Omnia	Alessandro				

## MERCOLEDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15 - 08.00	Indoor Cycle	Conscious	Dario	14.45 - 15.30	Zumba	Energy	Emerson
08.10 - 08.40	CX Worx	Energy	Francesca	17.30 - 18.00	G.A.G.	Energy	Daniele
08.30 - 09.15	Hydrobike	Piscina	Luca	18.15 - 18.45	Grit	Energy	Daniele
09.30 - 10.15	Body Pump	Energy	Francesca	18.15 - 19.00	Matwork Pilates	Conscious	Simone
09.45 - 10.30	Acquagym	Piscina	Luca	19.00 - 19.45	Get Boxe	Energy	Niccolò
09.50 - 10.35	Reformer Pilates	Conscious	Simone	19.30 - 20.15	Acquagym	Piscina	Davide
10.40 - 11.10	Postural Training	Energy	Simone	19.30 - 20.15	Reformer Pilates	Conscious	Simone
12.20 - 13.05	Reformer Pilates	Conscious	Simone	20.30 - 21.15	Circuit Training	Energy	Niccolò
13.15 - 14.00	Acquagym	Piscina	Emerson	20.35 - 21.20	Indoor Cycle	Conscious	Stefano
13.15 - 13.45	Impacto Training	Omnia	Klaudia				

## GIOVEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
08.15 - 08.45	<b>G.A.G.</b>	Parco*	<i>Klaudia</i>
09.00 - 09.30	<b>Impacto Training</b>	Parco*	<i>Klaudia</i>
10.30 - 11.00	<b>Stretching</b>	Conscious	<i>Klaudia</i>
10.30 - 11.15	<b>Acquagym</b>	Piscina	<i>Cristina</i>
11.15 - 12.15	<b>Vinyasa Yoga</b>	Conscious	<i>Valentina</i>
13.00 - 13.45	<b>Indoor Cycle</b>	Conscious	<i>Dario</i>
13.10 - 13.55	<b>Body Pump</b>	Energy	<i>Raul</i>
13.15 - 13.45	<b>Circuit Training</b>	Omnia	<i>Alessandro</i>
13.55 - 14.10	<b>Addominali</b>	Energy	<i>Raul</i>

ORA	ATTIVITÀ	SALA	TRAINER
15.00 - 15.45	<b>Acquagym</b>	Piscina	<i>Emerson</i>
18.30 - 19.00	<b>Circuit Training</b>	Parco*	<i>Gianmarco</i>
18.40 - 19.25	<b>Indoor Cycle</b>	Conscious	<i>Reffaella/Gianluca</i>
18.45 - 19.15	<b>CX Worx</b>	Energy	<i>Francesca</i>
19.15 - 19.45	<b>Addominali</b>	Parco*	<i>Gianmarco</i>
19.30 - 20.15	<b>Total Body Workout</b>	Energy	<i>Francesca</i>
19.30 - 20.15	<b>Get Cross</b>	Omnia	<i>Niccolò</i>
20.30 - 21.15	<b>Body Pump</b>	Energy	<i>Francesca</i>
20.30 - 21.15	<b>Acquagym</b>	Piscina	<i>Martina</i>

## VENERDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.25 - 07.55	<b>Sprint Interval Training</b>	Conscious	<i>Raul</i>
07.30 - 08.15	<b>Acquagym</b>	Piscina	<i>Cristina</i>
08.00 - 08.30	<b>G.A.G</b>	Energy	<i>Raul</i>
09.00 - 09.45	<b>Tai Chi</b>	Conscious	<i>Marco</i>
09.30 - 10.15	<b>Total Body Workout</b>	Energy	<i>Gianmarco</i>
10.00 - 10.45	<b>Tai Chi</b>	Conscious	<i>Marco</i>
10.30 - 11.15	<b>Acquagym</b>	Piscina	<i>Cristina</i>
11.00 - 12.45	<b>Metodo Feldenkreis</b>	Conscious	<i>Valeria</i>
13.05 - 13.35	<b>Grit</b>	Energy	<i>Daniele</i>

ORA	ATTIVITÀ	SALA	TRAINER
13.05 - 13.50	<b>Body Balance</b>	Conscious	<i>Klaudia</i>
13.15 - 14.00	<b>Hydrobike</b>	Piscina	<i>Andrea</i>
17.30 - 18.00	<b>Addominali</b>	Energy	<i>Denise</i>
18.15 - 18.45	<b>Stretching</b>	Energy	<i>Raul</i>
18.30 - 19.00	<b>Skill Group</b>	Omnia	<i>Niccolò</i>
19.00 - 19.45	<b>Body Balance</b>	Conscious	<i>Denise</i>
19.00 - 19.45	<b>Body Pump Express</b>	Energy	<i>Raul</i>
19.30 - 20.15	<b>Acquagym</b>	Piscina	<i>Gianni</i>
20.30 - 21.15	<b>Matwork Pilates</b>	Conscious	<i>Denise</i>

## SABATO

ORA	ATTIVITÀ	SALA	TRAINER
10.15 - 10.45	<b>Body Balance</b>	Energy	<i>Francesca</i>
10.30 - 11.15	<b>Acquagym</b>	Piscina	<i>Martina</i>
11.10 - 11.55	<b>Indoor Cycle</b>	Conscious	<i>A rotazione</i>
11.00 - 11.45	<b>Total Body Workout</b>	Energy	<i>Francesca</i>
12.00 - 12.45	<b>Acquagym</b>	Piscina	<i>Martina</i>
12.00 - 12.45	<b>Body Pump</b>	Energy	<i>Francesca</i>
12.10 - 12.55	<b>Indoor Cycle</b>	Conscious	<i>Giancarlo</i>
13.00 - 13.30	<b>Body Attack</b>	Energy	<i>Francesca</i>

## DOMENICA

ORA	ATTIVITÀ	SALA	TRAINER
10.30 - 11.15	<b>Acquagym</b>	Piscina	<i>Cristina</i>
11.00 - 11.45	<b>Indoor Cycle</b>	Conscious	<i>Zac</i>
11.25 - 12.10	<b>Acquagym</b>	Piscina	<i>Cristina</i>
10.30 - 11.15	<b>Body Pump</b>	Energy	<i>Francesca</i>
11.30 - 12.00	<b>Body Attack</b>	Energy	<i>Francesca</i>
12.15 - 13.00	<b>Body Balance</b>	Energy	<i>Francesca</i>
12.20 - 13.05	<b>Acquagym</b>	Piscina	<i>Cristina</i>