

GetFIT via PIACENZA | PLANNING ATTIVITA' DAL 19 OTTOBRE

Tutte le attività sono a prenotazione

(Prenotazione disponibile a partire da 25h prima su Area Riservata sito www.getfit.it, reception o telefono)

LUNEDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.10	Indoor Cycling	Vitality	Dario	13.45-14.15	Sprint	Vitality	Elena
07.15-07.45	Impacto Training	Energy	Giorgio	14.15-15.00	Allegro Pilates	Conscious	Valentina
08.00-08.45	Matwork Pilates	Conscious	Giorgio	15.00-15.45	Get Boxe	Vitality	Roberto
09.00-09.30	G.A.G.	Energy	Francesca	15.00-15.45	HydroBike	Piscina	Gianluca
09.00-09.45	Allegro Pilates	Conscious	Mirko	15.15-16.00	Matwork Pilates	Conscious	Francesca
09.30-10.15	Indoor Walking	Vitality	Felix	16.00-16.45	Circuit Training	Energy	Marcello
09.30-10.15	HydroBike	Piscina	Paola	18.00-18.45	Allegro Pilates	Conscious	Martina
09.45-10.30	Tonif. Funzionale	Energy	Francesca	18.30-19.15	Circuit Training	Energy	Alessandro
10.30-11.15	Matwork Pilates	Conscious	Valentina	18.45-19.30	Trx Circuit	Vitality	Marcello
10.30-11.15	Indoor Walking	Vitality	Felix	19.00-19.45	Allegro Pilates	Conscious	Martina
10.45-11.30	Zumba	Energy	Annalisa	19.30-20.15	Acquagym	Piscina	Gianluca
11.30-12.15	Get Barre	Conscious	Valentina	19.30-20.15	Body Pump	Energy	Matteo
11.30-12.15	Acquagym	Piscina	Salvatore	19.45-20.30	Get Boxe	Vitality	Roberto
11.30-12.15	Circuit Training	Vitality	Giorgio	20.00-20.45	Body Balance	Conscious	Nenzi
11.45-12.15	Stretching	Energy	Annalisa	20.30-21.15	Zumba	Energy	Richard
13.00-13.30	Sprint	Vitality	Elena	20.45-21.30	Acquagym	Piscina	Matteo R.
13.00-13.45	Body Pump	Energy	Annalisa	20.45-21.15	Grit	Vitality	Matteo
13.15-14.00	Body Balance	Conscious	Paola	21.00-21.45	Body Balance	Conscious	Nenzi
13.15-14.00	HydroBike	Piscina	Valentina	21.30-22.15	Zumba	Energy	Richard

MARTEDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.10	Indoor Cycling	Vitality	Paola	13.30-14.15	Acquagym	Piscina	Cristina
07.30-08.15	Acquagym	Piscina	Salvatore	14.15-14.45	G.A.G.	Energy	Carlos
07.45-08.15	Circuit Training	Energy	Marco	14.30-15.15	Indoor Walking	Vitality	Matteo
08.30-09.15	Tonif. Funzionale	Vitality	Marco	15.15-16.00	Get Barre	Conscious	Roberto C.
08.45-09.15	Cx Worx Addominali	Energy	Valentina	15.30-16.15	Indoor Walking	Vitality	Matteo
09.30-10.15	Body Balance	Conscious	Valentina	18.30-19.00	Body Tone	Energy	Annalisa
09.30-10.15	Postural Training	Energy	Cristina	18.45-19.30	Yoga Flex	Conscious	Matteo
09.30-10.25	Zumba	Vitality	Richard	19.00-19.45	Indoor Walking	Vitality	Mariangela
10.00-10.45	HydroBike	Piscina	Nicolas	19.15-20.00	Zumba	Energy	Annalisa
10.30-11.15	Matwork Pilates	Conscious	Valentina	19.30-20.00	Acquagym	Piscina	Luca
10.30-11.15	Total Body Workout	Energy	Cristina	19.40-20.25	Matwork Pilates	Conscious	Matteo
10.35-11.00	Stretching	Vitality	Richard	20.00-20.55	Indoor Cycling	Vitality	Mariangela
11.15-11.45	Circuit Training	Vitality	Christian	20.15-21.00	Interval Training	Energy	Elena
11.30-12.00	G.A.G.	Energy	Valentina	20.35-21.20	Matwork Pilates	Conscious	Matteo
11.30-12.15	Pancafit	Conscious	Valentina	20.45-21.30	HydroBike	Piscina	Luca
12.15-12.45	Addominali	Energy	Vitor	21.15-22.00	Body Pump	Energy	Giorgio
13.00-13.45	Trx Circuit	Vitality	Elena	21.15-22.00	Trx Circuit	Vitality	Marcello
13.05-14.00	Zumba	Energy	Carlos	21.30-22.25	Vinyasa Yoga	Conscious	Melania
13.15-14.00	Matwork Pilates	Conscious	Matteo				

MERCOLEDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.10	Indoor Cycling	Vitality	Paolo	14.00-14.30	Cx Worx - Addominali	Energy	Cristina
07.15-07.45	Grit	Energy	Matteo	14.45-15.15	Sprint	Vitality	Elena
07.45-08.40	Vinyasa Yoga	Conscious	Melania	15.00-15.45	Acquagym	Piscina	Cristina
09.00-09.45	Postural Training	Energy	Marco	15.30-16.15	Circuit Training	Energy	Alessandro
09.00-09.45	Matwork Pilates	Conscious	Matteo	15.30-16.15	Trx Circuit	Vitality	Elena
09.15-10.00	Tonificazione Funzionale	Vitality	Cristina	16.00-16.45	Allegro Pilates	Conscious	Mirko
10.00-10.45	Pancafit	Conscious	Valentina	16.30-17.00	Impacto Training	Vitality	Marcello
10.05-11.00	Zumba	Energy	Carlos	18.30-19.00	Body Pump Express	Energy	Chiara
10.15-11.00	HydroBike	Piscina	Cristina	18.30-19.15	Hatha Yoga	Conscious	Paola
10.15-10.45	Stretching	Vitality	Marco	18.45-19.40	Indoor Cycling	Vitality	Stefano
11.00-11.30	Addominali	Vitality	Marco	19.15-19.45	Cx Worx Addominali	Energy	Chiara
11.00-11.45	Allegro Pilates	Conscious	Valentina	19.30-20.15	HydroBike	Piscina	Matteo R.
11.15-12.00	Acquagym	Piscina	Cristina	19.30-20.25	Vinyasa Yoga	Conscious	Paola
11.15-12.00	G.A.G.	Energy	Carlos	20.00-20.45	Trx Circuit	Vitality	Christian
12.00-12.45	Allegro Pilates	Conscious	Valentina	20.00-20.45	Interval Training	Energy	Chiara
13.00-13.45	Acquagym	Piscina	Cristina	20.45-21.30	Acquagym	Piscina	Matteo R.
13.00-13.45	Indoor Walking	Vitality	Matteo	20.45-21.30	Body Balance	Conscious	Nenzi
13.05-14.00	Vinyasa Yoga	Conscious	Valentina N.	21.00-21.30	Cx Worx Addominali	Energy	Chiara
13.15-13.45	Grit	Energy	Roberto	21.15-21.45	Impacto Training	Vitality	Giorgio

GIOVEDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.10	Indoor Cycling	Vitality	Antonio	13.15-14.00	Body Balance	Conscious	Valentina
08.30-09.15	Body Balance	Conscious	Valentina	13.30-14.15	HydroByke	Piscina	Francesca
08.30-09.00	Circuit Training	Vitality	Marco	14.30-15.00	G.A.G.	Energy	Annalisa
09.15-09.45	Stretching	Energy	Mary J	15.00-15.45	Matwork Pilates	Conscious	Giorgio
09.30-10.15	Allegro Pilates	Conscious	Valentina	15.00-15.45	Indoor Walking	Vitality	Matteo
09.30-10.15	Indoor Walking	Vitality	Matteo	15.15-15.45	Impacto Training	Energy	Roberto
10.00-10.30	Get Dance	Energy	Mary J	18.00-18.30	Impacto Training	Energy	Roberto
10.30-11.15	Allegro Pilates	Conscious	Valentina	18.30-19.15	Circuit Training	Vitality	Christian
10.30-11.15	Indoor Walking	Vitality	Matteo	18.45-19.15	Cx Worx Addominali	Energy	Elena
10.45-11.30	Postural Training	Energy	Mary J	19.15-20.00	Body Balance	Conscious	Maria
11.30-12.00	Circuit Training	Vitality	Giorgio	19.30-20.15	HydroByke	Piscina	Francesca
11.30-12.15	Acquagym	Piscina	Valentina	19.30-20.15	Body Pump	Energy	Annalisa
11.45-12.15	Stretching	Energy	Matteo	20.00-20.45	Trx Circuit	Vitality	Marcello
11.45-12.30	Get Barre	Conscious	Mary J	20.15-21.00	Allegro Pilates	Conscious	Maria
12.30-13.00	Grit	Energy	Matteo	20.45-21.30	Interval Training	Energy	Marcello
13.00-13.55	Zumba	Vitality	Richard	21.15-21.45	Sprint	Vitality	Elena
13.15-14.00	Body Pump	Energy	Matteo	21.15-22.00	Allegro Pilates	Conscious	Maria

VENERDÌ

ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
09.15-10.10	Metodo Feldenkrais	Conscious	Valeria	14.15-14.45	Sprint	Vitality	Elena
09.30-10.15	HydroByke	Piscina	Valentina	15.30-16.00	Circuit Training	Energy	Marcello
09.30-10.00	Cx Worx - Addominali	Energy	Elena	15.45-16.30	Body Balance	Conscious	Cristina
10.15-11.00	Tonif. Funzionale	Energy	Elena	18.00-18.45	Interval Training	Vitality	Vitor
10.30-11.15	Matwork Pilates	Conscious	Valentina	18.30-19.15	Total Body Workout	Energy	Cristina
11.15-12.00	Trx Circuit	Vitality	Elena	18.30-19.15	Matwork Pilates	Conscious	Maria
11.15-12.00	Acquagym	Piscina	Francesca	19.30-20.15	Get Dance	Energy	Cristina
11.30-12.00	Stretching	Conscious	Valentina	19.30-20.15	Allegro Pilates	Conscious	Maria
12.15-13.00	Allegro Pilates	Conscious	Valentina	19.30-20.15	Acquagym	Piscina	Matteo R.
13.00-13.55	Indoor Cycling	Vitality	Paola	19.45-20.30	Get Boxe	Vitality	Felix
13.15-14.00	Total Body Workout	Energy	Elena	20.30-21.00	Cx Worx Addominali	Energy	Cristina
13.15-14.10	Vinyasa Yoga	Conscious	Valentina	20.45-21.40	Indoor Cycling	Vitality	Felix
13.30-14.15	Acquagym	Piscina	Francesca				

SABATO

ORA	ATTIVITÀ	SALA	TRAINER
10.30-11.00	G.A.G.	Energy	Rotazione
10.30-11.15	Matwork Pilates	Conscious	Valentina
10.45-11.30	Acquagym	Piscina	Rotazione
11.00-11.55	Indoor Cycling	Vitality	Rotazione
11.15-12.00	Total Body Workout	Energy	Rotazione
11.30-12.15	Matwork Pilates	Conscious	Valentina
12.15-12.45	Addominali	Energy	Rotazione
12.15-13.10	Indoor Cycling	Vitality	Rotazione
12.30-13.15	Body Balance	Conscious	Valentina
12.30-13.15	HydroByke	Piscina	Rotazione
13.00-13.45	Total Body Workout	Energy	Rotazione
13.30-14.15	Body Balance	Conscious	Valentina
14.30-15.15	Allegro Pilates	Conscious	Valentina
15.00-15.45	Body Pump	Energy	Rotazione
15.30-16.15	Acquagym	Piscina	Francesca L.
16.00-16.45	Interval Training	Energy	Rotazione
17.15-18.00	Acquagym	Piscina	Francesca L.

DOMENICA

ORA	ATTIVITÀ	SALA	TRAINER
10.30-11.00	Cx Worx Addominali	Energy	Rotazione
11.00-11.55	Indoor Walking/Cycle	Vitality	Rotazione
11.00-11.45	Allenamento al parco	Arco della pace	Rotazione
11.15-11.45	G.A.G.	Energy	Rotazione
12.00-12.45	Total Body Workout	Energy	Rotazione
12.00-12.45	Acquagym	Piscina	Rotazione
13.00-13.30	Stretching	Energy	Rotazione
15.30-16.00	Cx Worx Addominali	Energy	Rotazione
16.15-17.00	Body Pump	Energy	Rotazione
17.15-18.00	Acquagym	Piscina	Rotazione
17.15-18.10	Zumba	Energy	Richard


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