

GetFIT via PIACENZA | PLANNING ATTIVITA' DAL 26 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 | Rotazione |
| 09.30-10.15 | HydroBike | Piscina | Paola | 18.00-18.45 | Allegro Pilates | Conscious | Martina |
| 09.45-10.30 | Tonif. Funzionale | Energy | Francesca | 18.15-19.00 | 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 | 19.15-20.00 | 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 | 20.15-21.00 | 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 | 21.15-22.00 | Zumba | Energy | Richard |

MARTEDÌ

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

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 Pump | Energy | Matteo |
| 08.30-09.15 | Body Balance | Conscious | Valentina | 13.15-14.00 | Body Balance | Conscious | Valentina |
| 08.30-09.00 | Circuit Training | Vitality | Marco | 13.30-14.15 | HydroByke | Piscina | Francesca |
| 09.15-09.45 | Stretching | Energy | Mary J | 14.15-14.45 | G.A.G. | Energy | Annalisa |
| 09.30-10.15 | Allegro Pilates | Conscious | Valentina | 15.00-15.45 | Matwork Pilates | Conscious | Giorgio |
| 09.30-10.15 | Indoor Walking | Vitality | Matteo | 15.00-15.45 | Indoor Walking | Vitality | Matteo |
| 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 | 21.15-22.00 | 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 | Rotazione |
| 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 |

