

PLANNING ATTIVITA' DI GRUPPO GIUGNO 2021 Getfit via Vico

				MARTEDI				MERCOLEDI			
ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER
07.30-08.00	Skillmill Group	Functional	Estefany	07.15-08.00	Indoor Cycle	Sprint	Cristina	09.15-10.00	Matwork Pilates	Conscious	Carlotta
09.00-09.45	Matwork Pilates	Conscious	Gabriella	08.15-09.00	Vinyasa Yoga	Conscious	Yong	10.00-10.45	Total Body Workout	Energy	Andrea
11.15-12.00	Hatha Yoga	Conscious	Gabriella	09.30-10.15	Pancafit	Conscious	Yong	10.15-11.00	Postural Training	Conscious	Federico
11.45-12.15	Interval Training	Energy	Luca S.	11.15-12.00	Total Body Workout	Energy	Sabina	10.30-11.00	Skillmill Group	Functional	Luca S.
13.10-13.55	Vinyasa Yoga	Conscious	Gabriella	13.05-13.50	Indoor Cycle	Sprint	Massimo	12.15-13.00	Pancafit	Conscious	Federico
13.10-13.40	Skillmill Group	Functional	Andrea	13.05-13.35	Skillmill Group	Functional	Francesco	13.05-13.50	Total Body Workout	Energy	Andrea
18.30-19.00	Skillmill Group	Functional	Carlotta	13.15-14.00	Body Balance	Conscious	Sabina	13.05-13.50	Dynamic Pilates	Vitality	Carlotta
18.30-19.15	Matwork Pilates	Conscious	Gabriella	18.25-19.10	Hatha Yoga	Conscious	Paola	13.15-14.00	Hatha Yoga	Conscious	Roberta M.
18.30-19.15	Total Body Workout	Energy	Sara	18.30-19.00	CX Worx - Addominali	Energy	Fabrizio	18.30-19.15	Pancafit	Conscious	Matilde
19.00-19.30	Walking Circuit	Cardio	Francesco	19.15-20.00	Body Pump	Energy	Fabrizio	19.30-20.15	Matwork Pilates	Conscious	Matilde
19.30-20.15	Vinyasa Yoga	Conscious	Gabriella	19.25-20.10	Dynamic Pilates	Conscious	Paola	19.30-20.00	Skillmill Group	Functional	Francesco
19.30-20.00	TRX Circuit	Vitality	Francesco	20.40-21.25	Vinyasa Yoga	Conscious	Paola	19.40-20.25	Indoor Cycle	Sprint	Bruno
19.40-20.25	Total Body Workout	Energy	Sara					20.00-20.30	Addominali	Energy	Irene
20.40-21.25	Matwork Pilates	Conscious	Gabriella					20.45-21.30	Body Pump	Energy	Irene
GIOVEDI				VENERDI				SABATO			
ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER
07.15-08.00	Indoor Cycle	Sprint	Patrizia	07.30-08.00	Sprint - Interval Training	Sprint	Carlotta	10.30-11.15	Matwork Pilates	Conscious	Rotazione
08.10-08.40	Skillmill Group	Functional	Luca S.	08.15-08.45	Skillmill Group	Functional	Carlotta	10.30-11.00	Gambe e Glutei	Energy	Rotazione
09.15-10.00	Body Balance	Energy	Sabina	10.00-10.45	Matwork Pilates	Energy	Carlotta	11.15-11.45	Addominali	Energy	Rotazione
11.00-11.30	TRX Circuit	Vitality	Luca S.	11.25-12.10	Total Body Workout	Energy	Andrea	11.45-12.30	Matwork Pilates	Conscious	Rotazione
11.00-11.45	Postural Training	Energy	Sabina	12.00-12.45	Pancafit	Conscious	Matilde	12.00-12.45	Indoor Cycle	Sprint	Rotazione
13.05-13.50	Indoor Cycle	Sprint	Massimo	13.00-13.45	Matwork Pilates	Conscious	Matilde	12.00-12.45	Jolly Class Energy	Energy	Rotazione
13.15-13.45	TRX Circuit	Vitality	Luca S.	13.05-13.50	Interval Training	Vitality	Francesco	13.00-13.30	Skillmill Group	Functional	Rotazione
14.30-15.15	Power Yoga	Conscious	Yong	13.05-13.50	Zumba	Energy	Rosalba	13.15-14.00	Zumba	Energy	Emerson
18.35-19.20	Get Cross	Energy	Francesco	18.30-19.00	Addominali	Vitality	Luca S.				
19.15-20.00	Indoor Cycle	Sprint	Paolo	19.30-20.15	Stretching	Conscious	Estefany				
19.30-20.15	Matwork Pilates	Conscious	Yong	19.30-20.15	Total Body Workout	Energy	Sara				
19.30-20.00	Walking Circuit	Cardio	Francesco	20.35-21.05	Skillmill Group	Functional	Estefany				
20.35-21.20	Ashtanga Yoga	Conscious	Yong								
				DOMENICA				ATTIVITA' IN ACQUA			
ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	GIORNO	ORA	ATTIVITA	TRAINER
10.20-11.10	Vinyasa Yoga	Energy	Rotazione					LUNEDI'	08.30-09.15	Acquagym	Sergio
11.20-12.05	Vinyasa Yoga	Vitality	Rotazione						11.00-11.45	Acquagym	Sergio
11.15-12.00	Total Body Workout	Energy	Rotazione						20.35-21.20	Hydrobike	Fabio
12.15-13.00	Indoor Cycle	Sprint	Dario					MARTEDI'	10.30-11.15	Acquagym	Emerson
12.15-13.00	Body Pump/Ton. Funzionale	Energy	Rotazione						13.15-14.00	Acquagym	Emerson
									20.40-21.25	Acquagym	Davide
								MERCOLEDI'	11.15-12.00	Acquagym	Luca M.
									12.30-13.15	Hydrobike	Luca M.
									19.30-20.15	Hydrobike	Fabio
								GIOVEDI'	11.15-12.00	Acquagym	Sergio
									13.15-14.00	Acquagym	Sergio
									19.40-20.25	Hydrobike	Luca M.
								VENERDI'	08.30-09.15	Acquagym	Emerson
									10.00-10.45	Hydrobike	Emerson
								SABATO	11.15-12.00	Acquagym	Emerson
									12.15-13.00	Hydrobike	Emerson
								DOMENICA	12.00-12.45	Acquagym	Rotazione