# PLANNING DAL 27 DICEMBRE 2021 AL 10 GENNAIO 2022

## LUNEDÌ

| ORA | LEZIONE | SALA | TRAINER |
|---|---|---|---|
| 08.00-08.30 | G.A.G. | Energy | Oxana |
| 08.30-09.15 | Matwork Pilates | Conscious | 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 | Chiara |
| 09.30-10.15 | Total Body Workout | Energy | Oxana |
| 10.30-11.15 | Pancafit | Conscious | Homar |
| 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. |
| 13.00-14.00 | Hatha Yoga | Energy | Valentina |
| 13.15-13.45 | LES MILLS Sprint | Vitality | Lorenzo |
| 14.00-14.45 | Matwork Pilates | Conscious | Carolina |
| 14.15-14.45 | Tonificazione Funzionale | Energy | Anna S. |
| 15.00-15.45 | Stretching Funzionale | Conscious | Anna S. |
| 16.15-16.45 | Upper Body | Energy | Homar |
| 18.00-18.45 | Body Balance | Conscious | Arianna |
| 18.15-18.45 | Grit | Energy | Marco |
| 19.00-19.45 | Total Body Workout | Energy | Arianna |
| 19.00-19.30 | LES MILLS Sprint | Vitality | Marco |
| 19.00-19.45 | Total Body Workout | Energy | Arianna |
| 20.00-20.45 | Matwork Pilates | Conscious | Paolo |
| 20.00-20.45 | Body Pump | Energy | Arianna |
| 20.35-21.05 | Circuit Training | Area Functional | Valeria |
| 21.00-21.30 | Addominali | Conscious | Paolo |
| 21.00-21.45 | Fight Training | Energy | Cecilia |

## MARTEDÌ

| ORA | LEZIONE | SALA | TRAINER |
|---|---|---|---|
| 08.45-09.15 | Cx Worx - Les Mills Core | Energy | Arianna |
| 09.00-09.45 | Allegro Pilates | Conscious | Oxana |
| 09.30-10.15 | Body Balance | Vitality | Arianna |
| 10.00-10.30 | IMPACTO Training | Area Functional | Carolina |
| 10.00-10.45 | Matwork Pilates | Energy | Oxana |
| 12.15-13.00 | Allegro Pilates | Conscious | Oxana |
| 13.00-13.45 | Indoor Cycle | Vitality | Dario |
| 13.15-13.45 | Circuit Training | Area Functional | Chiara |
| 13.15-14.00 | Matwork Pilates | Conscious | Oxana |
| 13.15-14.00 | Total Body Workout | Energy | Arianna |
| 14.30-15.30 | Hatha Yoga | Energy | Luigi |
| 18.15-19.00 | Body Balance | Vitality | Valeria |
| 18.30-19.00 | Cx Worx - Les Mills Core | Energy | Marco |
| 18.30-19.00 | Circuit Training | Area Functional | Matteo |
| 19.15-19.45 | Grit | Vitality | Marco |
| 19.30-20.15 | Matwork Pilates | Conscious | Homar |
| 19.30-20.15 | Body Attack | Energy | Valeria |
| 20.35-21.20 | Allegro Pilates | Conscious | Homar |
| 20.35-21.05 | IMPACTO Training | Area Functional | Victor |
| 20.40-21.25 | Body Pump | Energy | Valeria |

## MERCOLEDÌ

| ORA | LEZIONE | SALA | TRAINER |
|---|---|---|---|
| 08.30-09.00 | Interval Training | Energy | Paolo |
| 09.15-09.45 | Addominali | Energy | Paolo |
| 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 | Paolo |
| 10.30-11.15 | Allegro Pilates | Conscious | Oxana |
| 10.30-11.30 | Hatha Yoga | Vitality | Luigi |
| 11.00-11.45 | Body Balance | Energy | Homar |
| 11.30-12.00 | Pancafit | Conscious | Oxana |
| 13.10-13.55 | Body Pump | Energy | Fabrizio/Lorenzo |
| 13.00-14.00 | Hatha Yoga | Vitality | Valentina |
| 13.00-13.45 | Pancafit | Conscious | Chiara |
| 13.15-13.45 | Circuit Training | Area Functional | Arianna |
| 15.00-15.45 | Body Balance | Energy | Valeria |
| 18.00-18.30 | IMPACTO Training | Area Functional | Eddie |
| 18.45-19.30 | Indoor Cycle | Vitality | Laura |
| 19.30-20.15 | Body Attack | Energy | Arianna |
| 20.00-20.30 | Cx Worx - Les Mills Core | Vitality | Marco |
| 20.35-21.20 | Fight Training | Energy | Davide |
| 20.35-21.05 | Circuit Training | Area Functional | Simone A. |

## GIOVEDÌ

| ORA | LEZIONE | SALA | TRAINER |
|---|---|---|---|
| 07.15-08.00 | Indoor Cycle | Vitality | Dario |
| 08.15-08.45 | Tonificazione Funzionale | Energy | Valeria |
| 09.00-09.30 | Cx Worx - Les Mills Core | Energy | Valeria |
| 09.00-09.45 | Stretching funzionale | Conscious | Oxana |
| 10.00-10.45 | Total Body Workout | Energy | Oxana |
| 11.30-12.00 | Stretching funzionale | Energy | Oxana |
| 13.00-13.45 | Indoor Cycle | Vitality | Laura |
| 13.00-14.00 | Hatha Yoga | Energy | Sonia P. |
| 13.15-14.00 | Matwork Pilates | Conscious | Oxana |
| 13.15-13.45 | Circuit Training | Area Functional | Marco |
| 18.15-18.45 | Circuit Training | Area Functional | Simone A. |
| 18.30-19.00 | Grit | Energy | Eddie |
| 19.00-19.30 | LES MILLS Sprint | Vitality | Lorenzo |
| 19.00-19.45 | Matwork Pilates | Conscious | Paolo |

## VENERDÌ

| ORA | LEZIONE | SALA | TRAINER |
|---|---|---|---|
| 08.30-09.15 | Matwork Pilates | Conscious | Homar |
| 09.00-09.45 | Body Balance | Energy | Arianna |
| 09.30-10.15 | Postural Training | Conscious | Homar |
| 10.00-10.45 | Total Body Workout | Energy | Arianna |
| 10.30-11.15 | Matwork Pilates | Conscious | Homar |
| 11.20-11.50 | Get Dance | Energy | Homar |
| 12.00-13.00 | Hatha Yoga | Energy | Sonia P. |
| 12.15-12.45 | G.A.G. | Vitality | Homar |
| 13.00-13.45 | Body Balance | Conscious | Chiara |
| 13.10-13.55 | Body Pump | Energy | Marco |
| 13.15-13.45 | Circuit Training | Area Functional | Chiara |
| 13.15-13.45 | LES MILLS Sprint | Vitality | Lorenzo |
| 14.00-14.45 | Pancafit | Conscious | Chiara |
| 15.00-15.45 | Matwork Pilates | Energy | Carolina/Lorenzo |

## SABATO

| ORA | LEZIONE | SALA | TRAINER |
|---|---|---|---|
| 09.30-10.00 | Grit | Energy | Valeria |
| 10.00-10.45 | Matwork Pilates | Conscious | Rotazione |
| 10.30-11.15 | Body Pump | Energy | Valeria |
| 11.00-11.45 | Matwork Pilates | Conscious | Rotazione |
| 11.15-12.00 | Indoor Cycle | Vitality | Rotazione |
| 11.30-11.55 | Cx Worx - Les Mills Core | Energy | Valeria |
| 12.15-13.00 | Indoor Cycle | Vitality | Rotazione |
| 12.15-12.45 | Interval Training | Conscious | Rotazione |
| 12.15-12.55 | Body Balance | Energy | Valeria |
| 13.10-13.55 | Total Body Workout | Energy | Rotazione |
| 14.10-14.30 | Addominali | Energy | Rotazione |
| 14.45-15.30 | Zumba | Energy | Rotazione |
| 15.45-16.15 | Jolly Class (Conscious) | Energy | Rotazione |

## ACQUA

### LUNEDÌ

| | | | |
|---|---|---|---|
| 11.00-11.45 | Acquagym | Piscina | Eddie |
| 13.15-14.00 | Hydrobike | Piscina | Arianna |
| 15.00-15.45 | Acquagym | Piscina | Homar |
| 18.30-19.15 | Acquagym | Piscina | Paolo |
| 19.30-20.15 | Acquagym | Piscina | Luca |
| 20.35-21.20 | Hydrobike | Piscina | Luca |

### MARTEDÌ

| | | | |
|---|---|---|---|
| 08.30-09.15 | Acquagym | Piscina | Luca |
| 09.30-10.15 | Hydrobike | Piscina | Luca |
| 11.00-11.45 | Acquagym | Piscina | Luca |

### MERCOLEDÌ

| | | | |
|---|---|---|---|
| 08.30-09.00 | Acqua Circuit | Piscina | Daniel |
| 11.00-11.45 | Acquagym | Piscina | Daniel |
| 13.15-14.00 | Hydrobike | Piscina | Daniel |
| 15.00-15.45 | Acquagym | Piscina | Max |
| 18.30-19.15 | Acquagym | Piscina | Max |
| 19.30-20.15 | Hydrobike | Piscina | Eddie |
| 20.35-21.20 | Acquagym | Piscina | Eddie |

### GIOVEDÌ

| | | | |
|---|---|---|---|
| 08.30-09.15 | Hydrobike | Piscina | Luca |
| 10.00-10.45 | Acquagym | Piscina | Max |
| 15.00-15.45 | Hydrobike | Piscina | Eddie |

### VENERDÌ

| | | | |
|---|---|---|---|
| 08.30-09.15 | Hydrobike | Piscina | Eddie |
| 10.00-10.45 | Acquagym | Piscina | Eddie |
| 13.15-14.00 | Acquagym | Piscina | Arianna |
| 15.00-15.45 | Acquagym | Piscina | Luca |
| 18.30-19.15 | Acquagym | Piscina | Paolo |
| 19.30-20.15 | Hydrobike | Piscina | Luca |
| 20.35-21.05 | Acqua Circuit | Piscina | Max |

### SABATO

| | | | |
|---|---|---|---|
| 10.30-11.15 | Acquagym | Piscina | Luca |
| 13.15-14.00 | Hydrobike | Piscina | Luca |
| 15.00-15.30 | Acqua Circuit | Piscina | Max |

### DOMENICA

| | | | |
|---|---|---|---|
| 10.00-10.45 | Acquagym | Piscina | Rotazione |
| 13.15-14.00 | Hydrobike | Piscina | Rotazione |
| 16.00-16.45 | Acquagym | Piscina | Rotazione |

## DOMENICA

| ORA | LEZIONE | SALA | TRAINER |
|---|---|---|---|
| 10.30-11.30 | Hatha Yoga | Conscious | Rotazione |
| 11.00-11.45 | Matwork Pilates | Energy | Rotazione |
| 12.15-12.45 | Tonificazione Funzio | Energy | Rotazione |
| 13.00-13.45 | Body Pump | Energy | Rotazione |
| 14.10-14.40 | Addominali | Energy | Rotazione |
| 14.30-15.15 | Indoor Cycle | Vitality | Rotazione |
| 15.00-15.30 | Circuit Training | Energy | Rotazione |