

PLANNING DAL 27 DICEMBRE 2021 AL 10 GENNAIO 2022

LUNEDÌ				MARTEDÌ				MERCOLEDÌ				PISCINA			
ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	MERCOLEDÌ			
08.00-08.30	G.A.G.	Energy	Oxana	08.45-09.15	Cx Worx - Les Mills Core	Energy	Arianna	08.30-09.00	Interval Training	Energy	Paolo	08.30-09.00	Acqua Circuit	Piscina	Daniel
08.30-09.15	Matwork Pilates	Conscious	Homar	09.00-09.45	Allegro Pilates	Conscious	Oxana	09.15-09.45	Addominali	Energy	Paolo	11.00-11.45	Acquagym	Piscina	Daniel
08.45-09.15	Upper Body	Energy	Oxana	09.30-10.15	Body Balance	Vitality	Arianna	09.30-10.00	Circuit Training	Area Functional	Chiara	13.15-14.00	Hydrobike	Piscina	Daniel
09.30-10.15	Postural Training	Conscious	Homar	10.00-10.30	IMPACTO Training	Area Functional	Carolina	09.30-10.15	Matwork Pilates	Conscious	Oxana	15.00-15.45	Acquagym	Piscina	Max
09.30-10.00	Circuit Training	Area Functional	Chiara	10.00-10.45	Matwork Pilates	Energy	Oxana	10.00-10.45	Total Body Workout	Energy	Paolo	18.30-19.15	Acquagym	Piscina	Max
09.30-10.15	Total Body Workout	Energy	Oxana	12.15-13.00	Allegro Pilates	Conscious	Oxana	10.30-11.15	Allegro Pilates	Conscious	Oxana	19.30-20.15	Hydrobike	Piscina	Eddie
10.30-11.15	Pancafit	Conscious	Homar	13.00-13.45	Indoor Cycle	Vitality	Dario	10.30-11.30	Hatha Yoga	Vitality	Luigi	20.35-21.20	Acquagym	Piscina	Eddie
12.30-13.00	Circuit Training	Area Functional	Lorenzo	13.15-13.45	Circuit Training	Area Functional	Chiara	11.00-11.45	Body Balance	Energy	Homar	GIOVEDÌ			
12.30-13.00	Grit	Vitality	Eddie	13.15-14.00	Matwork Pilates	Conscious	Oxana	11.30-12.00	Pancafit	Conscious	Oxana	08.30-09.15	Hydrobike	Piscina	Luca
13.00-13.45	Allegro Pilates	Conscious	Anna S.	13.15-14.00	Total Body Workout	Energy	Arianna	13.10-13.55	Body Pump	Energy	Fabrizio/Lorenzo	10.00-10.45	Acquagym	Piscina	Max
13.00-14.00	Hatha Yoga	Energy	Valentina	14.30-15.30	Hatha Yoga	Energy	Luigi	13.00-14.00	Hatha Yoga	Vitality	Valentina	15.00-15.45	Hydrobike	Piscina	Eddie
13.15-13.45	LES MILLS Sprint	Vitality	Lorenzo	18.15-19.00	Body Balance	Vitality	Valeria	13.00-13.45	Pancafit	Conscious	Chiara	VENERDÌ			
14.00-14.45	Matwork Pilates	Conscious	Carolina	18.30-19.00	Cx Worx - Les Mills Core	Energy	Marco	13.15-13.45	Circuit Training	Area Functional	Arianna	08.30-09.15	Hydrobike	Piscina	Eddie
14.15-14.45	Tonificazione Funzionale	Energy	Anna S.	18.30-19.00	Circuit Training	Area Functional	Matteo	15.00-15.45	Body Balance	Energy	Valeria	10.00-10.45	Acquagym	Piscina	Eddie
15.00-15.45	Stretching Funzionale	Conscious	Anna S.	19.15-19.45	Grit	Vitality	Marco	18.00-18.30	IMPACTO Training	Area Functional	Eddie	13.15-14.00	Acquagym	Piscina	Arianna
16.15-16.45	Upper Body	Energy	Homar	19.30-20.15	Matwork Pilates	Conscious	Homar	18.45-19.30	Indoor Cycle	Vitality	Laura	15.00-15.45	Acquagym	Piscina	Luca
18.00-18.45	Body Balance	Conscious	Arianna	19.30-20.15	Body Attack	Energy	Valeria	19.30-20.15	Body Attack	Energy	Arianna	18.30-19.15	Acquagym	Piscina	Paolo
18.15-18.45	Grit	Energy	Marco	20.35-21.20	Allegro Pilates	Conscious	Homar	20.00-20.30	Cx Worx - Les Mills Core	Vitality	Marco	19.30-20.15	Hydrobike	Piscina	Luca
19.00-19.45	Total Body Workout	Energy	Arianna	20.35-21.05	IMPACTO Training	Area Functional	Victor	20.35-21.20	Fight Training	Energy	Davide	20.35-21.05	Acqua Circuit	Piscina	Max
19.00-19.30	LES MILLS Sprint	Vitality	Marco	20.40-21.25	Body Pump	Energy	Valeria	20.35-21.05	Circuit Training	Area Functional	Simone A.	SABATO			
19.00-19.45	Total Body Workout	Energy	Arianna									10.30-11.15	Acquagym	Piscina	Luca
20.00-20.45	Matwork Pilates	Conscious	Paolo									13.15-14.00	Hydrobike	Piscina	Luca
20.00-20.45	Body Pump	Energy	Arianna									15.00-15.30	Acqua Circuit	Piscina	Max
20.35-21.05	Circuit Training	Area Functional	Valeria									DOMENICA			
21.00-21.30	Addominali	Conscious	Paolo									10.00-10.45	Acquagym	Piscina	Rotazione
21.00-21.45	Fight Training	Energy	Cecilia									13.15-14.00	Hydrobike	Piscina	Rotazione
												16.00-16.45	Acquagym	Piscina	Rotazione
GIOVEDÌ				VENERDÌ				SABATO				DOMENICA			
ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER
07.15-08.00	Indoor Cycle	Vitality	Dario	08.30-09.15	Matwork Pilates	Conscious	Homar	09.30-10.00	Grit	Energy	Valeria	10.30-11.30	Hatha Yoga	Conscious	Rotazione
08.15-08.45	Tonificazione Funzionale	Energy	Valeria	09.00-09.45	Body Balance	Energy	Arianna	10.00-10.45	Matwork Pilates	Conscious	Rotazione	11.00-11.45	Matwork Pilates	Energy	Rotazione
09.00-09.30	Cx Worx - Les Mills Core	Energy	Valeria	09.30-10.15	Postural Training	Conscious	Homar	10.30-11.15	Body Pump	Energy	Valeria	12.15-12.45	Tonificazione Funzionale	Energy	Rotazione
09.00-09.45	Stretching funzionale	Conscious	Oxana	10.00-10.45	Total Body Workout	Energy	Arianna	11.00-11.45	Matwork Pilates	Conscious	Rotazione	13.00-13.45	Body Pump	Energy	Rotazione
10.00-10.45	Total Body Workout	Energy	Oxana	10.30-11.15	Matwork Pilates	Conscious	Homar	11.15-12.00	Indoor Cycle	Vitality	Rotazione	14.10-14.40	Addominali	Energy	Rotazione
11.30-12.00	Stretching funzionale	Energy	Oxana	11.20-11.50	Get Dance	Energy	Homar	11.30-11.55	Cx Worx - Les Mills Core	Energy	Valeria	14.30-15.15	Indoor Cycle	Vitality	Rotazione
13.00-13.45	Indoor Cycle	Vitality	Laura	12.00-13.00	Hatha Yoga	Energy	Sonia P.	12.15-13.00	Indoor Cycle	Vitality	Rotazione	15.00-15.30	Circuit Training	Energy	Rotazione
13.00-14.00	Hatha Yoga	Energy	Sonia P.	12.15-12.45	G.A.G.	Vitality	Homar	12.15-12.45	Interval Training	Conscious	Rotazione				
13.15-14.00	Matwork Pilates	Conscious	Oxana	13.00-13.45	Body Balance	Conscious	Chiara	12.15-12.55	Body Balance	Energy	Valeria				
13.15-13.45	Circuit Training	Area Functional	Marco	13.10-13.55	Body Pump	Energy	Marco	13.10-13.55	Total Body Workout	Energy	Rotazione				
18.15-18.45	Circuit Training	Area Functional	Simone A.	13.15-13.45	Circuit Training	Area Functional	Chiara	14.10-14.30	Addominali	Energy	Rotazione				
18.30-19.00	Grit	Energy	Eddie	13.15-13.45	LES MILLS Sprint	Vitality	Lorenzo	14.45-15.30	Zumba	Energy	Rotazione				
19.00-19.30	LES MILLS Sprint	Vitality	Lorenzo	14.00-14.45	Pancafit	Conscious	Chiara	15.45-16.15	Jolly Class (Conscious)	Energy	Rotazione				
19.00-19.45	Matwork Pilates	Conscious	Paolo	15.00-15.45	Matwork Pilates	Energy	Carolina/Lorenzo								

