

GetFIT LAMBRATE - PLANNING CORSI - STAGIONE 2021-2022

		LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO	DOMENICA
		SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA ENERGY
CORSI DEL MATTINO	9.35-10.20 TOTAL BODY WORKOUT Monica				9.45-10.30 MATWORK PILATES Roberto C.			9.30-10.00 ADDOMINALI Federica P.	9.30-10.00 STRETCHING Cristina		9.45-10.15 STRETCHING Homar			9.15-9.45 DYNAMIC PILATES Pasquale				
	10.25-11.10 MATWORK PILATES Monica				10.35-11.20 POSTURAL TRAINING Roberto C.			10.05-11.00 TOTAL BODY WORKOUT Federica P.	10.05-10.50 MATWORK PILATES Cristina		10.15-11.00 POSTURAL TRAINING Homar			9.50-10.35 POSTURAL TRAINING Pasquale				
									10.55-11.40 PANCAFIT Cristina			11.05-11.50 PANCAFIT Homar			10.40-11.25 PANCAFIT Pasquale		10.30-11.00 ADDOMINALI a rotazione	10.45-11.30 MATWORK PILATES a rotazione
																	11.05-12.00 TOTAL BODY WORKOUT a rotazione	11.35-12.30 JOLLY CLASS a rotazione
CORSI DEL PAMANO	13.00-13.55 TRX CIRCUIT Miguel							13.00-13.55 TOTAL BODY WORKOUT Cristina			13.00-13.55 BODY PUMP Homar			13.00-13.55 TOTAL BODY WORKOUT Federica P.			12.05-13.00 JOLLY CLASS a rotazione	12.35-13.05 ADDOMINALI a rotazione
CORSI DEL POMEERIGIO	16:00-16:15 GLUTEI Trainer di sala										16:00-16:15 ADDOMINALI Trainer di sala							
CORSI DELLA SERA																	TONIFICAZIONE	A PRENOTAZIONE ★
	18.15-18.45 ADDOMINALI Riccardo				18.15-18.45 GAMBE & GLUTEI Federica			18.15-18.45 ADDOMINALI Mirko			18.30-19.15 BODY PUMP Francesca	18.25-19.10 MATWORK PILATES Silvia		18.00-18.45 FUNCTIONAL TRX Domenico			CARDIOVASCOLARI	A PRENOTAZIONE ★
	18.50-19.35 FUNCTIONAL TRX Riccardo	18.30-19.15 MATWORK PILATES Silvia		18.50-19.35 BODY PUMP Federica	18.50-19.35 POSTURAL TRAINING Emanuela		18.50-19.35 TOTAL BODY WORKOUT Mirko		19.00-19.55 POSTURAL TRAINING MariaRosa	19.20-19.50 BODY ATTACK Francesca	19.20-20.05 MATWORK PILATES Silvia		18.50-19.35 BODY ATTACK Domenico					
	19.40-20.25 GETCROSS Riccardo	19.25-20.10 MATWORK PILATES Silvia		19.40-20.25 TOTAL BODY WORKOUT Federica	19.45-20.30 MATWORK PILATES Emanuela		19.40-20.25 GETBOXE Mirko			19.55-20.25 ADDOMINALI LesMills CORE Francesca	20.10-20.40 PANCAFIT Silvia		19.40-20.25 BODY PUMP Domenico					
	20.30-21.15 GETBOXE Riccardo	20.15-21.00 YOGA FLEX Silvia		20.30-21.00 ADDOMINALI LesMills CORE Federica	20.40-21.40 POWER YOGA Jhonny		20.30-21.15 BODY PUMP Mirko			20.30-21.15 TOTAL BODY WORKOUT Francesca	20.45-21.45 POWER YOGA Barbara							