

GetFIT LAMBRATE - PLANNING CORSI - STAGIONE 2022-2023 RIDOTTO dal 3.10.2022 al 9.10.2022

	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	9.30-10.25 TOTAL BODY WORKOUT Monica						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				
				9.45-10.30 MATWORK PILATES Cesare	10.00-10.55 TOTAL BODY WORKOUT Federica P.		10.00-10.45 MATWORK PILATES Cristina			10.15-11.00 POSTURAL TRAINING Homar		10.15-11.00 BODY PUMP Matteo	9.50-10.45 POSTURAL TRAINING Pasquale				
				10.30-11.15 POSTURAL TRAINING Cesare			10.45-11.15 PANCAFIT Cristina			11.05-11.50 PANCAFIT Homar						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 PRANZO	13.00-13.55 TRX CIRCUIT Miguel			13.00-13.55 BODY PUMP Marika			13.00-13.30 G.A.G Monica			13.00-13.55 BODY PUMP Homar			13.00-13.55 INTERVAL TRAINING Matteo			12.05-13.00 JOLLY CLASS a rotazione	12.35-13.05 ADDOMINALI a rotazione
							13.30-14.00 UPPER BODY Monica										
CORSI DEL POMERIGGIO																	
CORSI DELLA SERA																	
	18.15-19.00 INTERVAL TRAINING Alex	18.35-19.20 REFORMER PILATES Silvia		18.20-18.50 GAMBE & GLUTEI Federica			18.20-19.05 BODY PUMP Matteo			18.20-18.50 ADDOMINALI Mirko	18.25-19.10 REFORMER PILATES Silvia		18.10-18.40 TRX CIRCUIT Domenico				
	19.05-19.35 TRX CIRCUIT Alex	19.25-20.10 CIRCUIT PILATES Silvia		18.50-19.35 BODY PUMP Federica	19.00-19.45 REFORMER PILATES Emanuela		19.10-19.55 BODY ATTACK Matteo	19.00-19.55 POSTURAL TRAINING MariaRosa		18.50-19.35 TOTAL BODY WORKOUT Mirko	19.15-20.00 CIRCUIT PILATES Silvia		18.40-19.25 BODY ATTACK Domenico				
	19.40-20.25 BODY PUMP Alex	20.10-21.10 HATHA YOGA Silvia		19.40-20.25 TOTAL BODY WORKOUT Federica	19.50-20.35 MATWORK PILATES Emanuela		20.00-20.30 ADDOMINALI Matteo			19.40-20.25 GETBOXE Mirko	20.05-20.35 PANCAFIT Silvia		19.30-20.15 BODY PUMP Domenico				
	20.30-21.15 GETBOXE Alex			20.30-21.00 ADDOMINALI Federica	20.40-21.40 POWER YOGA Umberta		20.30-21.15 INTERVAL TRAINING Matteo			20.30-21.15 BODY PUMP Mirko	20.40-21.40 POWER YOGA Clelia						

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