GetFIT LAMBRATE - PLANNING CORSI - STAGIONE 2022-2023

	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 10.30-11.00 ADDOMINALI Monica			9.45-10.30 MATWORK PILATES Cesare 10.30-11.15 POSTURAL TRAINING Cesare			9.30-10.00 ADDOMINALI Federica P. 10.00-10.55 TOTAL BODY WORKOUT Federica P.	9.30-10.00 STRETCHING Cristina 10.00-10.45 MATWORK PILATES Cristina 10.50-11.20 PANCAFIT Cristina		9.45-10.15 STRETCHING Homar 10.15-11.00 POSTURAL TRAINING Homar	11.05-11.50 PANCAFIT Homar		9.45-10.15 ADDOMINALI Matteo 10.20-11.05 BODY PUMP Matteo	9.15-9.45 DYNAMIC PILATES Pasquale 9.50-10.45 POSTURAL TRAINING Pasquale 10.50-11.20 PANCAFIT Pasquale		10.30-11.00 ADDOMINALI a rotazione 11.05-12.00 TOTAL BODY WORKOUT a rotazione	10.45-11.30 MATWORK PILATES 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 13.30-14.00 UPPER BODY 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
CORSI DEL POMERIGGIO			15.45-16.15 PLAY OMNIA Cristian ★				16.00-17.00 ZUMBA Kendra					15.45-16.15 PLAY OMNIA Cristian ★				TONIFICAZIONE	
CORSI DELLA SERA	18.15-19.00 INTERVAL TRAINING Alex 19.05-19.35 TRX CIRCUIT Alex 19.40-20.25 BODY PUMP Alex 20.30-21.15 GETBOXE Alex	18.35-19.20 REFORMER PILATES Silvia 19.25-20.10 CIRCUIT PILATES Silvia 20.10-21.10 HATHA YOGA Silvia		18.20-18.50 GAMBE & GLUTEI Federica 18.50-19.35 BODY PUMP Federica 19.40-20.25 TOTAL BODY WORKOUT Federica 20.30-21.00 ADDOMINALI Federica	19.00-19.45 REFORMER PILATES Emanuela 19.50-20.35 MATWORK PILATES Emanuela 20.40-21.40 POWER YOGA Umberta		18.20-19.05 BODY PUMP Matteo 19.10-19.55 BODY ATTACK Matteo 20.00-20.30 ADDOMINALI Matteo 20.30-21.15 INTERVAL TRAINING Matteo	19.00-19.55 POSTURAL TRAINING MariaRosa		18.20-18.50 ADDOMINALI Mirko 18.50-19.35 TOTAL BODY WORKOUT Mirko 19.40-20.25 GETBOXE Mirko 20.30-21.15 BODY PUMP Mirko	18.25-19.10 REFORMER PILATES Silvia 19.15-20.00 CIRCUIT PILATES Silvia 20.05-20.35 PANCAFIT Silvia 20.40-21.40 POWER YOGA Clelia		18.10-18.40 TRX CIRCUIT Domenico 18.40-19.25 BODY ATTACK Domenico 19.30-20.15 BODY PUMP Domenico		CONSCIOUS CARDIOVASCOLARI	