

GetFIT via MEDA | Planning attività di gruppo | 7 settembre - 13 settembre 2026

LUNEDÌ 7							
ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
08.15-09.00	Stretching Funzionale	Conscious	Luigi	13.10-13.55	Get Cross	Omnia	Giada
09.25-10.10	Dynamic Pilates	Conscious	Luigi	13.10-13.55	Hydrobike	Piscina	Irene
09.30-10.00	Get Circuit	Omnia	Jacopo	16.00-16.45	Matwork Pilates	Conscious	Chiara
10.15-11.00	Total Body Workout	Energy	Luigi	17.30-18.00	Bio Circuit	Sala Fitness	Stefano
10.20-11.05	Postural Training	Conscious	Chiara	18.15-19.00	Indoor Cycle	Energy	Mariangela
10.30-11.15	Acquagym	Piscina	Irene	18.25-19.10	Matwork Pilates	Conscious	Chiara
11.10-11.40	GAG	Energy	Greta	18.30-19.00	Get Circuit	Omnia	Greta
11.15-12.00	Matwork Pilates	Conscious	Alice	19.20-20.05	Interval Training	Energy	Manvir
11.45-12.15	Upper Body	Energy	Greta	19.25-20.25	Vinyasa Yoga	Conscious	Alessia
12.30-13.00	Bio Circuit	Sala Fitness	Greta	20.30-21.00	Addominali	Energy	Manvir
13.10-13.55	Body Balance	Conscious	Alice	20.35-21.20	Body Balance	Conscious	Alessia

MARTEDÌ 8							
ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	Hydrobike	Piscina	Luis	13.05-13.50	Les Mills Ceremony Hyrox	Omnia	Jacopo
08.10-08.40	Acqua Circuit	Piscina	Luis	13.05-13.50	Dynamic Pilates	Conscious	Lucia
09.15-10.00	Dynamic Pilates	Conscious	Ilaria	15.30-16.15	Get Cross	Energy	Giada
09.15-10.00	Acquagym	Piscina	Lucia	18.30-19.15	Get Cross	Omnia	Giada
10.15-11.00	Pancafit	Conscious	Ilaria	18.55-19.40	Get Boxe	Energy	Catty
10.15-11.00	Zumba	Energy	Lucia	19.00-19.45	Bodyattack	Vitality	Greta
10.30-11.00	Bio Circuit	Sala Fitness	Jacopo	19.00-20.00	Vinyasa Yoga	Conscious	Massimo B.
11.10-11.55	Postural Training	Conscious	Ilaria	19.15-19.45	Bio Circuit	Sala Fitness	Manvir
11.15-12.00	Tai Chi	Energy	Gino	19.50-20.35	Get Dance	Vitality	Catty
11.15-12.00	Total Body Workout	Vitality	Lucia	19.55-20.25	Les Mills Core	Energy	Greta
12.10-12.55	Get Barre	Conscious	Lucia	20.40-21.10	Get Circuit	Omnia	Greta
13.00-13.45	Body Pump	Energy	Ilaria	20.40-21.25	Indoor Cycle	Energy	Francesco

MERCOLEDÌ 9							
ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.15	Vinyasa Yoga	Conscious	Gabriella	13.10-13.55	Total Body Workout	Vitality	Greta
08.25-09.10	Matwork Pilates	Conscious	Ilaria	15.30-16.15	Interval Training	Energy	Greta
09.20-10.20	Hatha Yoga	Conscious	Gabriella	16.30-17.00	Tonificazione Funzionale	Omnia	Jacopo
09.30-10.15	Indoor Walking	Energy	Ilaria	18.05-18.50	Les Mills Ceremony HYROX	Omnia	Jacopo
10.00-10.30	Get Circuit	Omnia	Giada	18.15-18.45	Upper Body	Energy	Manvir
10.00-10.45	Acquagym	Piscina	Irene	18.45-19.30	Aquadynamic	Piscina	Luis
10.30-11.15	Total Body Workout	Energy	Chiara	19.00-19.45	Tonificazione Funzionale	Conscious	Manvir
10.30-11.15	Matwork Pilates	Conscious	Ilaria	19.45-20.15	Get Circuit	Omnia	Jacopo
11.15-12.00	Hydrobike	Piscina	Irene	19.50-20.05	Aufguss	Sauna	Luis
11.30-12.15	Pancafit	Conscious	Ilaria	19.55-20.40	Interval Training	Energy	Manvir
12.30-13.00	Les Mills Core	Vitality	Greta	20.30-21.00	Grit	Vitality	Jacopo
13.05-13.50	Indoor Cycle	Energy	Bruno	20.35-21.20	Hydrobike	Piscina	Luis

GIOVEDÌ 10							
ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	Get Cross	Omnia	Greta	13.05-13.50	Acquagym	Piscina	Lucia
08.30-09.00	GAG	Energy	Roberta	13.10-13.55	Dynamic Pilates	Conscious	Chiara
09.15-10.00	Matwork Pilates	Conscious	Roberta	13.15-13.45	Grit	Vitality	Giada
10.00-10.45	Hydrobike	Piscina	Tiziano	16.10-17.10	Power Yoga	Conscious	Yong
10.20-11.05	Zumba	Vitality	Lucia	16.15-17.00	Les Mills Ceremony HYROX	Energy	Giada
10.20-11.05	Stretching Funzionale	Energy	Luigi	18.15-18.45	Get Circuit	Omnia	Jacopo
11.00-11.30	Get Circuit	Omnia	Greta	18.25-19.10	Dynamic Pilates	Conscious	Chiara
11.05-11.50	Acquagym	Piscina	Tiziano	18.30-19.15	Get Boxe	Energy	Massimo S.
11.15-12.00	Matwork Pilates	Conscious	Lucia	19.00-19.45	Les Mills Ceremony HYROX	Omnia	Giada
11.30-12.15	Total Body Workout	Energy	Luigi	19.30-20.30	Vinyasa Yoga	Conscious	Alessia
12.10-12.55	Get Barre	Conscious	Lucia	20.30-21.00	Get Circuit	Omnia	Stefano

VENERDÌ 11							
ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
09.20-10.05	Body Pump	Energy	Ilaria	13.10-13.55	Get Cross	Omnia	Giada
09.20-10.05	Dynamic Pilates	Conscious	Alice	15.20-16.05	Total Body Workout	Energy	Luigi
10.15-10.45	Acqua Circuit	Piscina	Alice	16.00-16.45	Acquagym	Piscina	Irene
10.15-11.00	Tai Chi	Vitality	Gino	16.15-17.00	Matwork Pilates	Conscious	Luigi
10.15-11.15	Hatha Yoga	Conscious	Massimo	17.45-18.30	Bodyattack	Energy	Greta
10.25-11.10	Indoor Walking	Energy	Ilaria	18.15-18.45	Get Circuit	Omnia	Jacopo
11.00-11.45	Acquagym	Piscina	Alice	18.50-19.20	Les Mills Core	Vitality	Greta
11.20-12.05	Postural Training	Conscious	Ilaria	18.50-19.35	Matwork Pilates	Conscious	Gabriella
12.30-13.00	Get Circuit	Omnia	Giada	19.30-20.15	Total Body Workout	Vitality	Greta
13.00-13.45	Indoor Walking	Energy	Ilaria	19.45-20.15	TRX Circuit	Conscious	Jacopo
13.00-13.45	Matwork Pilates	Conscious	Alice	19.45-20.30	Pil-Yoga	Energy	Gabriella
13.10-13.55	Hydrobike	Piscina	Tiziano	20.35-21.35	Yin Yoga	Conscious	Gabriella

SABATO 12							
ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
10.15-11.00	Matwork Pilates	Conscious	Gloria	12.15-12.45	Les Mills Core	Energy	Gloria
10.15-11.00	Indoor Cycle	Energy	Mariangela	12.15-13.00	Hydrobike	Piscina	Luis
10.20-11.05	Acquagym	Piscina	Luis	13.00-13.45	Total Body Workout	Energy	Gloria
11.20-11.50	Acqua Circuit	Piscina	Luis	15.00-15.45	Get Cross	Energy	Greta
11.20-12.05	Body Pump	Energy	Gloria	16.00-16.30	GAG	Energy	Greta
12.00-13.00	Power Yoga	Conscious	Yong	16.40-17.25	Total Body Workout	Energy	Greta

DOMENICA 13							
ORA	ATTIVITÀ	SALA	TRAINER	ORA	ATTIVITÀ	SALA	TRAINER
10.20-10.50	GAG	Energy	Ilaria	12.30-13.00	Acqua Circuit	Piscina	Roberta
10.20-11.05	Hydrobike	Piscina	Roberta	13.05-13.50	Body Pump	Energy	Ilaria
11.00-11.45	Total Body Workout	Energy	Ilaria	14.45-15.15	Addominali	Energy	Luigi
11.30-12.15	Acquagym	Piscina	Roberta	15.20-16.05	Total Body Workout	Energy	Luigi
12.00-12.45	Matwork Pilates	Conscious	Ilaria	16.15-17.00	Matwork Pilates	Conscious	Luigi
12.05-12.50	Indoor Cycle	Energy	Mariangela				