



# FITNESS PLANNING

PRENOTARE LE LEZIONI AI  
NUMERI DI TELEFONO: 0686985463 - 0686985423

WHATSAPP: 3456719720

MATTINA

PRANZO

POMERIGGIO/SERA

## LUNEDÌ

ORA	CORSO	SALA	DURATA	TIPO
7:30	STUDIO PILATES*	C	60"	●
9:15	OMNIA*	SP	60"	●
9:30	HEAT PROGRAM*	H	60"	●
10:30	CALISTHENICS	B	60"	●
11:00	STUDIO PILATES*	C	60"	●
11:00	BODY FLYING*	H	60"	●

## MARTEDÌ

ORA	CORSO	SALA	DURATA	TIPO
8:00	STUDIO PILATES*	C	60"	●
9:00	POSTURALE	A	60"	●
10:00	HEAT PROGRAM*	H	60"	●
10:00	TONE ZONE	A	30"	●
10:30	SUPER JUMP*	A	60"	●
12:00	STUDIO PILATES*	C	60"	●

## MERCOLEDÌ

ORA	CORSO	SALA	DURATA	TIPO
7:30	STUDIO PILATES*	C	60"	●
9:15	OMNIA*	SP	60"	●
9:30	HEAT PROGRAM*	H	60"	●
10:30	CALISTHENICS	B	60"	●
11:00	STUDIO PILATES*	C	60"	●

## GIOVEDÌ

ORA	CORSO	SALA	DURATA	TIPO
8:00	STUDIO PILATES*	C	60"	●
9:00	POSTURALE	A	60"	●
10:00	HEAT PROGRAM*	H	60"	●
10:00	TONE ZONE	A	30"	●
10:30	SUPER JUMP*	A	60"	●
12:00	STUDIO PILATES*	C	60"	●

## VENERDÌ

ORA	CORSO	SALA	DURATA	TIPO
7:30	STUDIO PILATES*	C	60"	●
9:15	OMNIA*	SP	60"	●
9:30	HEAT PROGRAM*	H	60"	●
10:30	CALISTHENICS	B	60"	●
11:00	STUDIO PILATES*	C	60"	●
11:00	BODY FLYING*	H	60"	●

## SABATO

ORA	CORSO	SALA	DURATA	TIPO
9:00	POSTURALE	A	60"	●
10:00	STUDIO PILATES*	C	60"	●
10:00	HEAT PROGRAM*	H	60"	●
11:00	YOGA KUNDALINI	B	60"	●
11:00	AEQUILIBRIUM	A	60"	●

## DOMENICA

ORA	CORSO	SALA	DURATA	TIPO
10:30	HEAT PROGRAM*	H	60"	●

13:15	OMNIA*	SP	60"	●
13:30	SUPER JUMP*	A	60"	●
13:30	FUNCTIONAL T	B	60"	●
13:30	SPINNING*	C	60"	●
15:00	PILATES MAT	A	60"	●

13:30	HEAT CIRCUIT*	H	60"	●
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13:15	OMNIA*	SP	60"	●
13:30	FIT PUMP	A	60"	●
13:30	SPINNING*	C	60"	●
15:00	PILATES MAT	A	60"	●

13:30	HEAT CIRCUIT*	H	60"	●
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13:15	OMNIA*	SP	60"	●
13:30	SUPER JUMP*	A	60"	●
13:30	FUNCTIONAL T	B	60"	●
13:30	SPINNING*	C	60"	●
15:00	PILATES MAT	A	60"	●

13:30	HEAT PROGRAM*	H	60"	●
15:00	SPINNING*	C	60"	●

16:00	ADDOME	A	30"	●
16:30	BODY FLYING*	H	60"	●
17:00	OMNIA*	SP	60"	●
17:00	STUDIO PILATES*	C	60"	●
17:00	KUDO BAMBINI	A	60"	●
18:00	SUPER JUMP*	A	60"	●
18:00	KUDO ADULTI	B	60"	●
18:00	SPINNING*	C	60"	●
18:00	HEAT PROGRAM*	H	60"	●
19:00	PILATES MAT	A	60"	●
19:00	HEAT PROGRAM*	H	60"	●
19:00	STUDIO PILATES*	C	60"	●
19:30	M.B.C.	B	60"	●
20:00	TONE UP	A	60"	●
20:30	BOXE TRAINING	B	60"	●

17:00	STUDIO PILATES*	C	60"	●
17:00	POSTURALE	B	60"	●
17:30	DANZA MOD P.	A	60"	●
17:30	HEAT PROGRAM*	H	60"	●
18:00	FUNCTIONAL T	B	60"	●
18:00	STUDIO PILATES*	C	60"	●
18:30	TOTAL BODY	A	60"	●
19:00	YOGA KUNDALINI	B	60"	●
19:00	SPINNING*	C	60"	●
19:00	HEAT PROGRAM*	H	60"	●
19:30	OMNIA*	SP	60"	●
19:30	AEQUILIBRIUM	A	60"	●
20:00	SPINNING*	C	60"	●
20:15	CALISTHENICS	B	60"	●

16:00	ADDOME	A	30"	●
17:00	KUDO BAMBINI	B	60"	●
17:00	STUDIO PILATES*	C	60"	●
18:00	KUDO ADULTI	B	60"	●
18:00	SPINNING*	C	60"	●
18:00	HEAT PROGRAM*	H	60"	●
19:00	PILATES MAT	A	60"	●
19:00	HEAT PROGRAM*	H	60"	●
19:00	STUDIO PILATES*	C	60"	●
19:30	M.B.C.	B	60"	●
20:00	TONE UP	A	60"	●
20:00	HEAT PROGRAM*	H	60"	●
20:30	BOXE TRAINING	B	60"	●

17:00	STUDIO PILATES*	C	60"	●
17:00	POSTURALE	B	60"	●
17:30	DANZA MOD P.	A	60"	●
17:30	HEAT PROGRAM*	H	60"	●
18:00	FUNCTIONAL T	B	60"	●
18:00	STUDIO PILATES*	C	60"	●
18:30	TOTAL BODY	A	60"	●
19:00	YOGA KUNDALINI	B	60"	●
19:00	SPINNING*	C	60"	●
19:00	HEAT PROGRAM*	H	60"	●
19:30	OMNIA*	SP	60"	●
19:30	AEQUILIBRIUM	A	60"	●
20:00	SPINNING*	C	60"	●
20:15	CALISTHENICS	B	60"	●

16:00	ADDOME	A	30"	●
16:30	BODY FLYING*	H	60"	●
17:00	OMNIA*	SP	60"	●
17:00	STUDIO PILATES*	C	60"	●
17:00	KUDO BAMBINI	A	60"	●
18:00	SUPER JUMP*	A	60"	●
18:00	KUDO ADULTI	B	60"	●
18:00	SPINNING*	C	60"	●
18:00	HEAT PROGRAM*	H	60"	●
19:00	PILATES MAT	A	60"	●
19:00	HEAT PROGRAM*	H	60"	●
19:00	STUDIO PILATES*	C	60"	●
19:30	M.B.C.	B	60"	●
20:00	TONE UP	A	60"	●
20:30	BOXE TRAINING	B	60"	●

### LEGENDA

- OLISTICO - RIABILITATIVO - POSTURALE
- MOVIMENTO - BENESSERE GENERALE
- DIMAGRIMENTO
- PERFORMANCE
- \* CORSI A PRENOTAZIONE