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				9.45-10.30 MATWORK PILATES Cesare			9.30-10.00 STRETCHING Cristina		9.45-10.15 STRETCHING Homar				9.15-9.45 DYNAMIC PILATES Pasquale			
	10.30-11.00 ADDOMINALI Monica				10.30-11.15 POSTURAL TRAINING Cesare		9.30-10.00 ADDOMINALI Federica	10.00-10.45 MATWORK PILATES Cristina		10.15-11.00 POSTURAL TRAINING Homar			9.30-10.25 TOTAL BODY WORKOUT Matteo	9.50-10.45 POSTURAL TRAINING Pasquale			
							10.00-10.55 TOTAL BODY WORKOUT Federica	10.50-11.35 PANCAFIT Cristina			11.05-11.50 PANCAFIT Homar		10.30-11.00 ADDOMINALI Matteo	10.50-11.20 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 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 BODY ATTACK 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			15.45-16.15 PLAY OMNIA Cristian				15.45-16.45 ZUMBA Eliana					15.45-16.15 PLAY OMNIA Cristian				TONIFICAZIONE	
CORSI DELLA SERA																CONSCIOUS	
	18.15-19.00 INTERVAL TRAINING Alex	18.35-19.20 REFORMER PILATES Silvia		18.20-18.50 GAMBE & GLUTEI Annalisa			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			CARDIOVASCOLARI	
	19.05-19.35 TRX CIRCUIT Alex	19.25-20.10 CIRCUIT PILATES Silvia		18.50-19.35 BODY PUMP Annalisa	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 Annalisa	19.50-20.35 MATWORK PILATES Emanuela		20.00-20.30 ADDOMINALI Matteo	20.00-20.45 REFORMER PILATES MariaRosa		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 Annalisa	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						