PLANNING RIDOTTO DAL 4 SETTEMBRE 2023

LUNEDÌ

ORA	LEZIONE	SALA	TRAINER
07.30-08.00	Skillmill Group	Functional	Angelo
08.15-08.45	TRX Circuit	Vitality	Angelo
09.00-09.45	Matwork Pilates	Conscious	Gabriella D.
09.45-10.15	TRX Circuit	Vitality	Angelo
10.00-11.00	Yoga in volo	Conscious	Gabriella D.
10.30-11.00	Addominali	Energy	Angelo
11.05-11.50	LESMILLS TONE	Energy	Klaudia
11.15-12.15	Hatha Yoga	Conscious	Gabriella D.
12.15-13.00	LESMILLS BODYBALANCE	Vitality	Carlotta
13.05-13.50	LESMILLS BODYPUMP	Energy	Andrea
13.10-13.40	Get Circuit	Functional	Rossella
13.05-14.05	Vinyasa Yoga	Conscious	Gabriella D.
15.30-16.15	Total Body Workout	Energy	Klaudia
18.30-19.00	Get Circuit	Functional	Francesco
18.25-19.10	Matwork Pilates	Conscious	Gabriella D.
18.45-19.30	Total Body Workout	Energy	Annalisa
19.00-19.30	LESMILLS CORE	Vitality	Francesco
19.25-20.25	Vinyasa Yoga	Conscious	Gabriella D.
19.30-20.15	Indoor Cycle	Sprint	Dario
19.40-20.25	Get Boxe	Vitality	Annalisa
20.40-21.25	LESMILLS BODYPUMP	Energy	Guido
20.40-21.25	Matwork Pilates	Conscious	Gabriella D.

MARTEDÌ

ORA	LEZIONE	SALA	TRAINER
07.15-08.00	Indoor Cycle	Sprint	Cristina
07.30-08.00	Skillmill Group	Functional	Gianluca
08.15-08.45	Interval Training	Functional	Gianluca
08.25-09.25	Vinyasa Yoga	Conscious	Gabriella R.
09.40-10.10	Get Circuit	Functional	Gianluca
09.35-10.35	Hatha Yoga	Conscious	Gabriella R.
09.35-10.20	Stretching Funzionale	Vitality	Carlotta
10.30-11.15	Total Body Workout	Energy	Sabina
11.25-12.10	LESMILLS BODYBALANCE	Conscious	Sabina
11.30-12.00	G.A.G	Vitality	Tiina
12.15-13.00	Matwork Pilates	Conscious	Sabina
13.05-13.50	Indoor Cycle	Sprint	Massimo
12.35-13.05	Addominali	Vitality	Francesco
13.10-13.40	Get Circuit	Functional	Angelo
13.10-13.55	LESMILLS TONE	Energy	Klaudia
13.15-14.00	Dynamic Pilates	Conscious	Sabina
15.15-16.00	Total Body Workout	Energy	Tiina
16.30-17.00	Get Circuit	Functional	Carlotta
18.35-19.20	Matwork Pilates	Conscious	Francesco
18.40-19.10	Get Circuit	Functional	
19.20-20.05	LESMILLS BODYPUMP	Energy	Antonella
19.30-20.00	Skillmill Group	Functional	Angelo
20.35-21.05	Get Circuit	Functional	Lorenzo

MERCOLEDÌ

ORA	LEZIONE	SALA	TRAINER
09.15-10.00	Matwork Pilates	Energy	Carlotta
09.30-10.00	Skillmill Group	Functional	
10.15-11.00	Total Body Workout	Energy	Klaudia
11.10-11.55	Pancafit	Conscious	Carlotta
11.05-11.35	Addominali	Energy	Lorenzo
12.00-13.00	Vinyasa Yoga	Conscious	Massimo B.
13.05-13.50	Get Cross	Energy	Francesco
13.05-13.50	Dynamic Pilates	Vitality	Carlotta
13.05-14.05	Hatha Yoga	Conscious	Benedetta
13.05-13.50	Indoor Cycle	Sprint	Mariangela
15.30-16.00	Get Circuit	Functional	Lorenzo
18.30-19.15	Matwork Pilates	Conscious	Klaudia
19.00-19.45	LESMILLS BODYATTACK	Energy	Andrea
19.15-19.45	LESMILLS CORE	Vitality	Giulia M.
19.35-20.20	Indoor Cycle	Sprint	Bruno
19.30-20.00	Get Circuit	Functional	Angelo
19.55-20.25	LESMILLS GRIT	Energy	Giulia M.
20.00-20.30	G.A.G	Vitality	Martina
20.35-21.05	Skillmill Group	Functional	Angelo
20.35-21.20	LESMILLS BODYPUMP	Energy	Giulia M.
20.35-21.20	Total Body Workout	Vitality	Martina

ACQUA

LUNEDÌ

08.30-09.15	Acquagym	Piscina	Lorenzo
11.00-11.45	Acquagym	Piscina	Lorenzo

MARTEDÌ

10.30-11.15	Acquagym	Piscina	Tiina
12.30-13.15	Hydrobile	Piscina	Tiina
19.30-20.15	Acquagym	Piscina	Davide

MERCOLEDÌ

11.15-12.00	Acquagym	Piscina	Martina
13.15-14.00	Hydrobike	Piscina	Martina
15.00-15.45	Acquagym	Piscina	Martina
19.30-20.15	Hydrobike	Piscina	Sissy
20.40-21.25	Acquagym	Piscina	Sissy

GIOVEDÌ

11.15-12.00	Acquagym	Piscina	Lorenzo
13.15-14.00	Aquadynamic	Piscina	Lorenzo
19.40-20.25	Acquagym	Piscina	Luis

VENERDÌ

08.30-09.15	Acquagym	Piscina	Tiina
11.00-11.45	Hydrobike	Piscina	Tiina
13.15-14.00	Aquadynamic	Piscina	Lorenzo
19.40-20.25	Acquagym	Piscina	Luis

SABATO

11.15-12.00	Aquadynamic	Piscina	Lorenzo
12.15-13.00	Hydrobike	Piscina	Lorenzo

DOMENICA

12.30-13.15	Acquagym	Piscina	Dario

GIOVEDÌ

ORA	LEZIONE	SALA	TRAINER
07.15-08.00	Indoor Cycle	Sprint	Patrizia
07.30-08.00	Skillmill Group	Functional	Angelo
08.05-08.50	Matwork Pilates	Energy	Gianluca Mi.
09.10-09.55	LESMILLS BODYBALANCE	Energy	Gianluca Mi.
10.00-10.30	Get Circuit	Functional	Angelo
10.45-11.30	LESMILLS BODYATTACK	Energy	Andrea
11.10-11.55	Pancafit	Conscious	Federico
11.25-12.10	Stretching Funzionale	Vitality	Gianluca Mi.
12.15-12.45	Addominali	Vitality	Lorenzo
13.05-14.05	Power Yoga	Conscious	Yong
13.05-13.35	Get Circuit	Functional	Rossella
13.05-13.50	LESMILLS BODYPUMP	Energy	Andrea
16.15-16.45	Tonificazione funzionale	Energy	Klaudia
18.30-19.30	Power Yoga	Conscious	Gabriella R.
18.30-19.00	Skillmill Group	Functional	Gianluca
18.35-19.20	Total Body Workout	Energy	Sara
19.10-19.40	Get Circuit	Functional	Gianluca
19.25-19.55	LESMILLS GRIT	Vitality	Francesco
19.30-20.15	LESMILLS BODYPUMP	Energy	Antonella
19.30-20.00	Addominali	Vitality	Sara
20.35-21.05	Get Circuit	Functional	Gianluca

VENERDÌ

ORA	LEZIONE	SALA	TRAINER
08.00-08.30	Skillmill Group	Functional	Francesco
09.00-09.45	Total Body Workout	Energy	Francesco
10.00-10.45	Matwork Pilates	Conscious	Tiina
10.45-11.30	Total Body Workout	Energy	Klaudia
11.40-12.10	Get Circuit	Functional	Andrea
12.00-12.45	Postural Training	Conscious	Tiina
12.20-12.50	TRX Circuit	Vitality	Francesco
13.00-13.45	LESMILLS BODYBALANCE	Conscious	Klaudia
15.00-15.45	Matwork Pilates	Vitality	Francesco
17.15-17.45	Get Circuit	Cardio	Angelo
18.00-18.30	Addominali	Vitality	Angelo
19.30-20.15	Total Body Workout	Energy	Laura
20.35-21.05	Skillmill Group	Functional	Angelo

SABATO

ORA	LEZIONE	SALA	TRAINER
10.30-11.15	LESMILLS BODYATTACK	Energy	Rotazione
10.30-11.15	Matwork Pilates	Conscious	Rotazione
11.00-11.45	Indoor Cycle	Sprint	Rotazione
11.30-12.00	LESMILLS CORE	Energy	Rotazione
11.45-12.30	Postural Training	Conscious	Rotazione
12.15-13.00	LESMILLS BODYPUMP	Energy	Rotazione
13.05-13.50	LESMILLS BODYBALANCE	Conscious	Rotazione
13.15-13.45	LESMILLS GRIT	Energy	Lorenzo

DOMENICA

ORA	LEZIONE	SALA	TRAINER
10.20-11.20	Vinyasa Yoga	Conscious	Rotazione
10.30-11.15	Indoor Cycle	Sprint	Dario
11.15-12.00	Total Body Workout	Energy	Rotazione
11.30-12.30	Vinyasa Yoga	Conscious	Rotazione
12.15-12.45	G.A.G	Energy	Rotazione
13.00-13.30	Addominali	Energy	Rotazione