

# GetFIT LAMBRATE - PLANNING CORSI - STAGIONE 2023-24

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	DOMENICA	
	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA ENERGY	
CORSI DEL MATTINO													
	9.30-10.00 GAMBE & GLUTEI Marika			9.15-10.00 MATWORK PILATES Cesare		9.30-10.00 STRETCHING Cristina	9.45-10.15 STRETCHING Homar			9.15-9.45 DYNAMIC PILATES Pasquale			
	10.00-10.30 UPPER BODY Marika			10.00-10.45 POSTURAL TRAINING Cesare	9.30-10.25 TOTAL BODY WORKOUT Alex	10.00-10.45 MATWORK PILATES Cristina	10.15-11.00 POSTURAL TRAINING Homar		9.15-10.10 TOTAL BODY WORKOUT Matteo	9.50-10.45 POSTURAL TRAINING Pasquale			
	10.30-11.00 ADDOMINALI Marika			10.50-11.35 REFORMER PILATES Cesare		10.45-11.30 PANCAFIT Cristina		11.05-11.50 PANCAFIT Homar				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 BODY PUMP Marika		13.00-13.55 FITNESS AND BRAIN Stefano		13.00-13.30 GAMBE & GLUTEI Monica		13.00-13.55 TOTAL BODY WORKOUT Alberto	13.00-13.55 MATWORK PILATES 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													
					15.45-16.45 ZUMBA Elana								
CORSI DELLA SERA											TONIFICAZIONE		
	18.15-19.00 INTERVAL TRAINING Alex	18.35-19.20 REFORMER PILATES Silvia	18.20-18.50 GAMBE & GLUTEI Federica	18.10-18.55 REFORMER PILATES Emanuela	18.15-19.00 BODY PUMP Matteo		18.20-19.05 BODY ATTACK Annalisa	18.35-19.20 REFORMER PILATES Silvia		18.15-19.00 MATWORK PILATES Cesare	CONSCIOUS		
	19.05-19.35 TRX CIRCUIT Alex	19.25-20.10 CIRCUIT PILATES Silvia	18.50-19.35 BODY PUMP Federica	19.00-19.45 REFORMER PILATES Emanuela	19.05-19.50 BODY ATTACK Matteo	19.00-19.55 POSTURAL TRAINING MariaRosa	19.10-19.40 ADDOMINALI Annalisa	19.25-20.10 CIRCUIT PILATES Silvia	18.55-19.40 BODY ATTACK Domenico	19.05-19.50 REFORMER PILATES Cesare	CARDIOVASCOLARI		
	19.40-20.25 BODY PUMP Alex	20.10-21.10 HATHA YOGA Silvia	19.40-20.25 TOTAL BODY WORKOUT Federica	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 Annalisa	20.10-20.40 PANCAFIT Silvia	19.45-20.30 BODY PUMP Domenico				
	20.30-21.15 GETBOXE Alex		20.30-21.00 ADDOMINALI Federica	20.40-21.40 POWER YOGA Umberta	20.30-21.15 INTERVAL TRAINING Matteo		20.30-21.15 BODY PUMP Annalisa	20.40-21.40 HATHA YOGA Clelia					