

GetFIT via MEDA - planning dal 4 al 10 settembre 2023

LUNEDÌ				MARTEDÌ				MERCOLEDÌ				ACQUA			
ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	ORA	LEZIONE	SALA	TRAINER	LUNEDÌ			
07:15-08:00	Indoor Cycle	Energy	Paola	08:00-08:45	Indoor Walking	Energy	Alina	07:15-08:00	Bodypump	Energy	Ilaria	10:30-11:15	Acquagym	Piscina	Gloria
08:15-09:00	Postural Training	Conscious	Alina	08:10-08:55	Bodybalance	Conscious	Sabrina	08:25-09:10	Matwork Pilates	Conscious	Ilaria	11:30-12:00	Acqua Circuit	Piscina	Gloria
09:15-10:00	Matwork Pilates	Conscious	Alice S.	09:00-09:45	Dynamic Pilates	Conscious	Alina	09:45-10:15	GAG	Energy	Laura	13:10-13:55	Hydrobike	Piscina	Gloria
09:30-10:15	Indoor Walking	Energy	Alina	09:30-10:00	GAG	Energy	Armando	10:30-11:15	Total Body Workout	Energy	Laura	19:30-20:15	Hydrobike	Piscina	Luis
09:30-10:15	Total Body Workout	Vitality	Luigi	10:00-10:45	Pancafit	Conscious	Alina	10:30-11:15	Matwork Pilates	Conscious	Ilaria	20:30-21:15	Acquagym	Piscina	Luis
10:30-11:00	Les Mills Core	Vitality	Alice S.	10:15-11:00	Total Body Workout	Vitality	Sabrina	11:30-12:00	Interval Training	Energy	Laura				
10:30-11:15	Pancafit	Conscious	Alina	10:15-11:00	Zumba	Energy	Armando	11:30-12:15	Pancafit	Conscious	Ilaria				
11:30-12:15	Suspension Pilates	Conscious	Alice S.	11:30-12:00	Les Mills Core	Vitality	Ilaria	13:05-13:50	Indoor Cycle	Energy	Paola				
11:30-12:15	Total Body Workout	Energy	Greta	11:30-12:15	Get Boxe	Energy	Pietro P.	13:15-13:45	Les Mills Core	Vitality	Greta				
12:30-13:00	Get Circuit	Omnia	Pietro P.	12:15-13:00	Postural Training	Conscious	Ilaria	14:00-14:30	Stretching	Vitality	Greta	MARTEDÌ			
13:10-13:55	Bodybalance	Conscious	Alice S.	13:10-13:55	Bodypump	Energy	Ilaria	15:30-16:15	Get Cross	Energy	Antonio	07:15-08:00	Hydrobike	Piscina	Sabrina
13:15-14:00	Get Boxe	Energy	Pietro P.	13:15-13:45	Grit	Vitality	Antonio	16:30-17:00	TRX Circuit	Conscious	Antonio	09:15-10:00	Aquadynamic	Piscina	Sabrina
14:10-14:55	Bodypump	Energy	Gloria	13:15-14:00	Dynamic Pilates	Conscious	Alina	18:05-18:50	Matwork Pilates	Conscious	Alice S.				
16:00-16:45	Matwork Pilates	Conscious	Gloria	15:30-16:15	Get Cross	Energy	Antonio	18:15-18:45	Bodycombat	Vitality	Pavel				
16:30-17:15	Get Cross	Energy	Pavel	16:15-16:45	Les Mills Core	Vitality	Greta	18:55-19:40	Get Dance	Vitality	Pietro P.				
18:15-18:45	Get Circuit	Omnia	Greta	18:05-19:05	Hatha Yoga	Conscious	Massimo	19:00-19:30	TRX Circuit	Conscious	Antonio				
19:00-19:45	Matwork Pilates	Conscious	Yong	18:30-19:15	Bodyattack	Vitality	Greta	19:00-19:45	Bodypump	Energy	Alice S.	MERCOLEDÌ			
19:00-19:45	Bodycombat	Vitality	Pavel	19:00-19:30	Les Mills Core	Energy	Ilaria	19:40-20:10	Get Circuit	Omnia	Jacopo	10:00-10:45	Acquagym	Piscina	Isabella
19:30-20:15	Bodypump	Energy	Ilaria	19:00-19:45	Get Cross	Omnia	Pavel	19:50-20:35	Bodybalance	Conscious	Pietro P.	11:15-12:00	Hydrobike	Piscina	Isabella
20:00-20:30	Grit	Vitality	Pavel	19:15-20:15	Vinyasa Yoga	Conscious	Massimo	20:00-20:30	Les Mills Core	Vitality	Alice S.	15:55-16:40	Acquagym	Piscina	Alice S.
20:00-21:00	Power Yoga	Conscious	Yong	19:45-20:30	Bodypump	Energy	Ilaria	20:00-20:30	Sprint	Energy	Pavel	19:45-20:15	Acqua Circuit	Piscina	Luis
20:30-21:00	Les Mills Core	Energy	Ilaria	20:00-20:30	Bodycombat	Vitality	Pavel	20:45-21:30	Matwork Pilates	Conscious	Alice S.	20:35-21:20	Hydrobike	Piscina	Luis
20:45-21:15	Fight Training	Vitality	Pavel	20:45-21:15	Sprint	Energy	Pavel	20:45-21:30	Get Boxe	Energy	Pavel				
				20:45-21:30	Matwork Pilates	Conscious	Ilaria								
GIOVEDÌ				VENERDÌ				SABATO				GIOVEDÌ			
07.15-08.00	Get Cross	Energy	Greta	09.15-10.00	Bodybalance	Vitality	Alice S.	10.15-11.00	Matwork Pilates	Conscious	Gloria	10:15-11:00	Acquagym	Piscina	Alice S.
09:30-10:15	Matwork Pilates	Conscious	Luigi	09:20-10:05	Bodypump	Energy	Gloria	11:15-12:00	Body Pump	Energy	Gloria				
10:25-11:10	Get Boxe	Energy	Antonio	09:20-10:05	Dynamic Pilates	Conscious	Alina	12:15-12:45	Addominali	Energy	Gloria	VENERDÌ			
11:20-11:50	TRX Circuit	Conscious	Antonio	10:20-11:05	Postural Training	Conscious	Gloria	13:00-13:45	Total Body Workout	Energy	Gloria	10:15-10:45	Acqua Circuit	Piscina	Alice S.
11:30-12:15	Total Body Workout	Energy	Annalisa	10:25-11:10	Indoor Walking	Energy	Alina					11:00-11:45	Acquagym	Piscina	Alice S.
12:30-13:00	Les Mills Core	Energy	Greta	11:15-11:45	Les Mills Core	Vitality	Greta								
13:00-13:45	Dynamic Pilates	Conscious	Alice S.	13:00-13:45	Indoor Walking	Energy	Alina								
13:10-13:55	Bodyattack	Energy	Greta	13:10-13:55	Get Cross	Omnia	Antonio	DOMENICA				SABATO			
16:30-17:15	Get Cross	Energy	Pavel	15:30-16:15	Get Cross	Energy	Greta	ORA	LEZIONE	SALA	TRAINER	10:20-11:05	Acquagym	Piscina	Luis
18:25-19:10	Matwork Pilates	Conscious	Gloria	16:00-16:45	Matwork Pilates	Conscious	Luigi	10:20-10:50	Addominali	Energy	Pietro P.	11:20-11:50	Acqua Circuit	Piscina	Luis
18:30-19:00	Grit	Vitality	Antonio	16:30-17:00	Les Mills Core	Vitality	Greta	11:00-11:45	Total Body Workout	Energy	Pietro P.	12:15-13:00	Hydrobike	Piscina	Luis
19:15-20:00	Bodycombat	Vitality	Pavel	18:15-18:45	Get Circuit	Omnia	Greta	12:00-12:45	Bodybalance	Conscious	Pietro P.				
19:20-19:50	TRX Circuit	Conscious	Davide	18:15-19:00	Matwork Pilates	Conscious	Luigi								
20:00-20:45	Pancafit	Conscious	Gloria	19:45-20:15	Get Circuit	Omnia	Pietro P.					DOMENICA			
20:05-20:50	Bodypump	Energy	Davide	20:30-21:15	Total Body Workout	Energy	Luigi					10:20-11:05	Hydrobike	Piscina	Luis
20:50-21:35	Matwork Pilates	Conscious	Gloria									11:30-12:15	Acquagym	Piscina	Luis
21:00-21:45	Get Cross	Energy	Pavel									12:30-13:00	Acqua Circuit	Piscina	Luis