

# 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    |  |   |  |   |  |   |   | 7.30-8.30<br>POWER YOGA<br>Simone            |   |   |   |  |  |
|                      | 9.30-10.00<br>GAMBE & GLUTEI<br>Marika   |   |  | 9.15-10.00<br>MATWORK<br>PILATES<br>Cesare    |  |   | 9.45-10.15<br>STRETCHING<br>Homar               |  |   | 9.30-10.00<br>DYNAMIC STRETCHING<br>Federica P. |   |  |  |
|                      | 10.00-10.30<br>UPPER BODY<br>Marika      |   |  | 10.00-10.45<br>POSTURAL TRAINING<br>Cesare    | 9.30-10.00<br>ADDOMINALI<br>Alex             | 10.00-10.30<br>STRETCHING<br>Cristina         | 10.15-11.00<br>POSTURAL TRAINING<br>Homar       |  | 9.15-9.45<br>ADDOMINALI<br>Matteo             | 10.00-11.00<br>POSTURAL TRAINING<br>Federica P. |   |  |  |
|                      | 10.30-11.00<br>ADDOMINALI<br>Marika      |   |  | 10.50-11.35<br>REFORMER PILATES<br>Cesare     | 10.00-10.55<br>TOTAL BODY<br>WORKOUT<br>Alex | 10.30-11.15<br>MATWORK<br>PILATES<br>Cristina |   | 11.05-11.50<br>PANCAFIT<br>Homar             | 9.50-10.45<br>TOTAL BODY<br>WORKOUT<br>Matteo | 11.05-11.35<br>PANCAFIT<br>Federica P.          | 10.30-11.00<br>ADDOMINALI<br>a rotazione            | 10.45-11.30<br>MATWORK<br>PILATES<br>a rotazione |  |
|                      | 11.00-11.30<br>STRETCHING<br>Marika      |   |  |   |  | 11.20-12.05<br>PANCAFIT<br>Cristina           |   |  |   |   | 11.05-12.00<br>TOTAL BODY<br>WORKOUT<br>a rotazione | 11.35-12.30<br>JOLLY CLASS<br>a rotazione        |  |
| CORSI DEL PRANZO     | 13.00-13.55<br>BODY PUMP<br>Marika       |   |  |   | 13.00-13.30<br>GAMBE & GLUTEI<br>Monica      |   | 13.00-13.55<br>TOTAL BODY<br>WORKOUT<br>Alberto | 13.00-13.55<br>MATWORK<br>PILATES<br>Homar   | 13.00-13.55<br>BODY ATTACK<br>Matteo          |   | 12.05-13.00<br>JOLLY CLASS<br>a rotazione           | 12.35-13.05<br>ADDOMINALI<br>a rotazione         |  |
|                      |  |   |  |   | 13.30-14.00<br>UPPER BODY<br>Monica          |   |   |  |   |   |   |  |  |
| CORSI DEL POMERIGGIO |  |   |  |   | 15.45-16.45<br>ZUMBA<br>Eliana               |   |   |  | 15.30-16.30<br>ZUMBA<br>Eliana                |   |   |  |  |
|                      |  |   |  |   |  |   |   |  |   |   |   |  |  |
| CORSI DELLA SERA     |  |   |  |   |  |   |   |  |   |   | TONIFICAZIONE                                       |  |  |
|                      | 18.15-19.00<br>INTERVAL TRAINING<br>Alex | 18.30-19.15<br>REFORMER PILATES<br>Pasquale | 18.20-18.50<br>GAMBE & GLUTEI<br>Federica        | 18.10-18.55<br>REFORMER PILATES<br>Emanuela   | 18.15-19.00<br>BODY PUMP<br>Matteo           |   | 18.20-19.05<br>BODY ATTACK<br>Annalisa          | 18.35-19.20<br>REFORMER PILATES<br>Daniela   | 18.20-18.50<br>TRX CIRCUIT<br>Domenico        | 18.15-19.00<br>MATWORK<br>PILATES<br>Cesare     | CONSCIOUS   |  |  |
|                      | 19.05-19.35<br>TRX CIRCUIT<br>Alex       | 19.20-20.15<br>POSTURAL PILATES<br>Pasquale | 18.50-19.35<br>BODY PUMP<br>Federica             | 19.00-19.45<br>REFORMER PILATES<br>Emanuela   | 19.05-19.50<br>BODY ATTACK<br>Matteo         | 19.00-20.00<br>POSTURAL TRAINING<br>MariaRosa | 19.10-19.40<br>ADDOMINALI<br>Annalisa           | 19.25-20.10<br>CIRCUIT<br>PILATES<br>Daniela | 18.55-19.40<br>BODY ATTACK<br>Domenico        | 19.05-19.50<br>REFORMER<br>PILATES<br>Cesare    | CARDIOVASCOLARI                                     |  |  |
|                      | 19.40-20.25<br>BODY PUMP<br>Alex         | 20.20-21.20<br>VINYASA YOGA<br>Nazanin      | 19.40-20.25<br>TOTAL BODY<br>WORKOUT<br>Federica | 19.50-20.35<br>MATWORK<br>PILATES<br>Emanuela | 20.00-20.30<br>ADDOMINALI<br>Matteo          | 20.05-20.50<br>REFORMER PILATES<br>MariaRosa  | 19.40-20.25<br>GETBOXE<br>Annalisa              | 20.10-20.40<br>PANCAFIT<br>Daniela           | 19.45-20.30<br>BODY PUMP<br>Domenico          |   |   |  |  |
|                      | 20.30-21.15<br>GETBOXE<br>Alex           |   | 20.30-21.00<br>ADDOMINALI<br>Federica            | 20.40-21.40<br>POWER YOGA<br>Florentina       | 20.30-21.15<br>INTERVAL TRAINING<br>Matteo   |   | 20.30-21.15<br>BODY PUMP<br>Annalisa            | 20.40-21.40<br>HATHA YOGA<br>Clelia          |   |   |   |  |  |