













FITclass

PLANNING SALA

POWER E TONIFICAZIONE

CARDIO

MENTE E CORPO

| Orario | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | ORARIO | SABATO |
|---------------|---|---|--|---|--|---------------|---|
| 07:15 - 08:00 | H.I.I.T. | Pilates |  Functional TRAINING | Yoga Flex  | | 9:30 - 10:15 | Pilates |
| 08:00 - 08:45 | H.I.I.T. | Pilates |  Functional TRAINING | Pilates | | 10:15 - 11:00 | Pilates |
| | | | | | | 11:00 - 11:45 |  Functional TRAINING |
| 12:30 - 13:15 | | Pilates | | | | 11:45 - 12:30 | Weight Training |
| 13:15 - 14:00 |  Functional TRAINING | G.A.G. | Weight Training | Jump Fit  | H.I.I.T. | | |
| 18:00 - 18:45 | Pilates | Weight Training | Jump Fit  | TBW | Weight Training | | |
| 18:45 - 19:30 | Jump Fit  | H.I.I.T. |  ZUMBA LET'S DANCE LET'S MOVE | Pilates |  Functional TRAINING | | |
| 19:30 - 20:15 | TBW |  Functional TRAINING | Pilates | Weight Training | | | |
| 20:15 - 21:00 | Weight Training | | |  Functional TRAINING | | | |