

PLANNING FITNESS



DAL 11/09/23

ACQUA

PRENOTA 0185/364855

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
09:00-09:45			ACQUAGYM MATTEO F		ACQUAGYM GIORGIA G		
10:00-10:45	ACQUAGYM ELISA R	TREADMILL ELISA R	BIKE MATTEO F	ACQUAGYM ELISA R	BIKE GIORGIA G		
10:30-11:15						ACQUAGYMALTA VALENTINA S	ACQUAGYM ALTA CHIARA C
11:30-12:15						ACQUAHIIT GIULIA V	BIKE CHIARA C
13:15-14:00	BIKE VALENTINA S	ACQUAGYM VALENTINA S	TREADMILL GIORGIA G	BIKE ELISA R	CIRCUIT GYM VALENTINA S		
19:15-20:00	ACQUA BOXE ELISA R	CIRCUIT GYM VALENTINA S	ACQUA BOXE CHIARA C	ACQUAHIIT VALENTINA S	TREADMILL CHIARA		
20:15-21:00		BIKE CHIARA C		BIKE MATTEO F			

TERRA

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
08:00-08:45		HATA YOGA 08:00-8:50 BRUNA	POWER MOBILITY BRUNA	HATA YOGA 08:00-8:50 BRUNA	POWER MOBILITY BRUNA	
09:00-09:45	PILATES SAMANTHA	TOTAL BODY ELISA R	PILATES SAMANTHA	TOTAL BODY ELISA R	ZUMBA MASSIMO	
09:30-10:15						TOTAL BODY ELISA R
10:45-11:30						PILATES SAMANTHA
11:35-12:20						PILATES SAMANTHA
13:15-14:00	HIIT SAMANTHA	TOTAL BODY GABRIELE M	HIIT SAMANTHA	PILATES SAMANTHA	HIIT GABRIELE M	
17:15-18:00	CONDITIONING HIIT GIULIA V		PILATES SAMANTHA	CONDITIONING HIIT GIULIA V	PILATES SAMANTHA	
18:15-19:00			PILATES SAMANTHA		PILATES SAMANTHA	