

CORSI FITNESS DAL 1 SETTEMBRE 2025

LUNEDÌ	MARTEDI'	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	6.45 PILATES NEW			6.45 CARDIO CROSS NEW	9.00 GYM
9.15 LONGEVITY NEW	9.15 POSTURALE	9.15 GLUTEUS ATTACK	9.15 PILATES	9.15 TONE UP	9.30 YOGA (75') NEW 
9.15 CIRCUIT	9.15 GINNASTICA DOLCE	9.15 GYM	9.15 CIRCUIT	9.15 GINNASTICA DOLCE	10.40 GYM
10.00 GYM			10.00 GYM		12.20 GYM
	11.45 MOVIMENTO IN GRAVIDANZA				13.00 MOVIMENTO IN GRAVIDANZA
12.45 TABATA	12.45 CARDIO CROSS	12.45 SUSPENSION	12.45 HIIT	12.45 GLUTEUS ATTACK	
12.45 CIRCUIT	12.45 TABATA	12.45 BIKE	12.45 CIRCUIT	12.45 GYM ACQUA ALTA	
				14.00 MOVIMENTO IN GRAVIDANZA	
14.30 LONGEVITY NEW			14.30 GYM NEW	14.30 TABATA NEW	
18.10 GLUTEUS ATTACK	18.10 TABATA	18.10 TRIBE CORE NEW 	18.10 SUSPENSION	18.10 POWER CIRCUIT	
18.10 GYM	18.10 GYM	18.10 GYM	18.10 GYM	18.10 MOVIMENTO IN GRAVIDANZA	10.00 GYM
		18.45 SUSPENSION			
19.00 POWER CIRCUIT	19.00 STEP COREO	19.00 CIRCUIT	19.00 CARDIO CROSS	19.00 PILATES FLOW	
19.00 CIRCUIT	19.00 BIKE		19.00 CIRCUIT	19.00 BIKE	
		19.45 YOGA (75') NEW 			
19.50 PILATESFLOW	19.50 BOXE HI	19.50 GYM	19.50 MOBILITY & CORE NEW 		