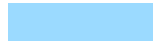
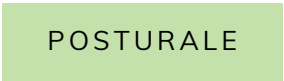
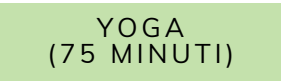
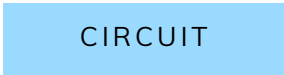
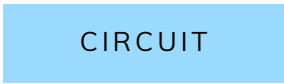
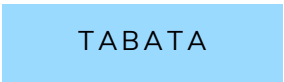
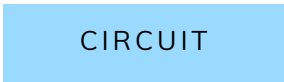
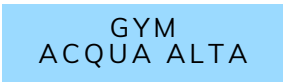
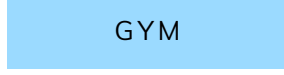
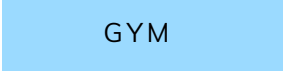
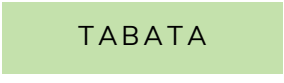
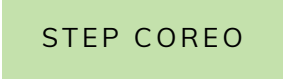
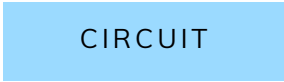
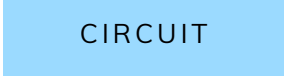
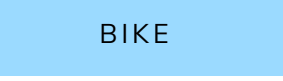


CORSI FITNESS DAL 7 GENNAIO 2026

 PISCINA
 PALESTRA
 EXTRA ABB.TO

LUNEDÌ	MARTEDÌ'	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	6.45  PILATES			6.45  CARDIO CROSS	
9.15  LONGEVITY	9.15  POSTURALE	9.15  GLUTEUS ATTACK	9.15  PILATES	9.15  TONE UP	9.30  YOGA (75 MINUTI)
9.15  CIRCUIT	9.15  GINNASTICA DOLCE	9.15  GYM	9.15  CIRCUIT	9.15  GINNASTICA DOLCE	9.00  GYM
10.00  GYM	11.45  MOVIMENTO IN GRAVIDANZA		10.00  GYM		10.40  GYM
12.45  TABATA	12.45  CARDIO CROSS	12.45  TABATA GAG 	12.45  HIIT	12.45  GLUTEUS ATTACK	12.20  GYM
12.45  CIRCUIT	12.45  TABATA	12.45  BIKE	12.45  CIRCUIT	12.45  GYM ACQUA ALTA	13.00  MOVIMENTO IN GRAVIDANZA
14.30  LONGEVITY	14.30  BACK SOLUTION 		14.30  GYM	17.30  HIIT GAG  	
14.30  GYM	17.30  HIIT GAG  	18.10  GYM	18.10  GYM	18.10  MOVIMENTO IN GRAVIDANZA	
18.10  GYM	18.10  GYM	18.15  TRIBE CORE 	18.15  HIIT	18.15  POWER CIRCUIT	10.00  GYM
18.15  GLUTEUS ATTACK	18.15  TABATA	18.50  TABATA GAG 			
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	19.45  YOGA (75 MINUTI)	19.00  CIRCUIT	19.00  BIKE	
19.50  PILATESFLOW	19.50  BOXE HI	19.50  GYM	19.50  MOBILITY & CORE 		
					DOMENICA