

PLANNING CORSI FITNESS dal 21/09/2026

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
	07,05 Group Cycling	07,05 Functional Training	07,05 Group Cycling	07,05 Functional Training	10,00 Full Body
	07,50 Carlo	08,00 Diego	07,50 Carlo	08,00 Diego	10,55 Rotazione
07,05 Functional Training	07,05 Hands PLS	12,00 Barre	07,05 Mobility		11,00 Barre
08,00 Diego	07,50 Nora	12,55 Riccardo	07,50 Nora		11,55 Rotazione
11,00 Barre	10,00 Brio Gym	13,00 H.E.A.T. Program	10,00 Brio Gym	12,00 Metodo PLS	11,00 Group Cycling®
11,55 Riccardo	10,55 Chiara	13,55 Annalisa	10,55 Chiara	12,55 Riccardo	11,55 Rotazione
12,00 Metodo PLS	12,00 Metodo PLS		12,00 Metodo PLS	13,00 Full Body	11,00 Cross Training
12,55 Riccardo	12,55 Chiara		12,55 Chiara	13,55 Riccardo	11,55 Stefano L
13,00 H.E.A.T. Program	13,00 Functional Training	13,00 Full Body	13,00 Functional Training	13,00 Functional Training	12,00 Metodo PLS
13,55 Matilde	13,55 Diego	13,55 Riccardo	13,55 Diego	14,00 Stefano L	12,55 Rotazione
13,00 Full Body	13,00 Metodo PLS	17,00 Full Body	13,00 Barre	17,00 Metodo PLS	12,00 H.E.A.T. program
13,55 Riccardo	13,55 Chiara	17,55 Riccardo	13,55 Chiara	17,55 Chiara	12,55 Rotazione
13,00 Functional Training	16,00 Full body	17,00 Metodo PLS	16,00 Full Body		Domenica
13,55 Stefano L	16,55 Nora	17,55 Chiara	16,55 Riccardo		
17,00 Fly Pls	17,00 M.E.T.	18,00 H.E.A.T. Program	17,00 fly PLS	18,00 H.E.A.T. program	10,00 Group Cycling®
17,55 Riccardo	17,55 nora	18,55 Annalisa	17,55 Riccardo	18,55 matilde	10,55 Rotazione
17,00 Full Body	18,00 Group Cycling	18,00 dance fit ball	17,00 Mobility	18,00 trx circuit tone	10,00 H.E.A.T. program
17,55 Nora	18,55 Matilde	18,55 Riccardo	17,55 Giusy	18,55 Claudia	10,55 Rotazione
18,00 H.E.A.T. Program	18,00 Step Coreo	18,00 trx circuit tone	18,00 Group Cycling®	19,00 Group Cycling®	11,00 Group Cycling®
18,55 Matilde	18,55 nora	18,55 Claudia	18,55 Silvia	19,55 Carlo	11,55 Rotazione
18,00 Fit Dance	18,00 Metodo YGA	19,00 Group Cycling®	18,00 H.E.A.T. Program	19,00 Functional Training	11,00 H.E.A.T. program
18,55 Riccardo	18,55 Tatiana	19,55 Silvia	18,55 Matilde	19,55 Stefano C	11,55 Rotazione
18,00 Hand Pilates	19,00 H.E.A.T. Program	19,00 H.E.A.T. Program	18,00 Full Body	19,00 Super Jump	11,00 Ginnastica Power Yoga
18,55 Nora	19,55 Maria	19,55 Annalisa	18,55 Giusy	19,55 Giulia	12,30 Rotazione
18,00 Group Cycling®	19,00 Super Jump	19,00 cross cardio	18,00 Metodo YGA		
18,55 Carlo	19,55 Giulia	19,55 Claudia	18,55 Tatjana		
19,00 Group Cycling®	19,00 Group Cycling	19,00 Barre	19,00 Group Cycling®		
19,55 Carlo	19,55 Matilde	19,55 Riccardo	19,55 Silvia		
19,00 H.E.A.T. Program	19,00 Country fitness	20,00 Ginnastica Power Yoga	19,00 Cross Training		
19,55 Paolo	19,55 nora	21,30 Barbara	19,55 Stefano C		
19,00 Cross Training	20,00 ABS & Stretch		19,00 Zumba		
19,55 Stefano C	20,55 Giulia		19,55 Giusy		
19,00 Barre			20,00 H.E.A.T. Program		
19,55 Nora			20,55 Maria		
20,00 Group Cycling®					
20,55 Carlo					
20,00 Ginnastica Power Yoga					
21,30 Paolo					

