

PROGRAMMAZIONE FITNESS

STAGIONE 2025-2026

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7:30		SOFT MOBILITY		SOFT MOBILITY		
8:00	PILATES STRONG		POSTURALE		PILATES STRONG	
8:30		TBW		CIRCUIT TRAINING		
9:00	FUNCT. TRAINING		GAG		FUNCT. TRAINING	
9:30		GINN. DOLCE		GINN. DOLCE		
10:00	MOBILITY		MOBILITY		MOBILITY	ANIMAL FLOW
11:00	POSTURALE		POSTURALE		POSTURALE	
11:30		POST. MÉZIÈRES		POST. MÉZIÈRES		OLIT
12:00	HATA YOGA		POSTURAL YOGA		HATA YOGA	
12:30						
13:00						
13:30	TABATA WORKOUT	HIIT	CIRCUIT TRAINING	HIIT	FUNCT. POWER	
14:00						SPARTAN SYSTEM 90'
14:30	MOBILITY FLOW <small>NEW</small>		MOBILITY FLOW <small>NEW</small>		MOBILITY FLOW <small>NEW</small>	
16:00	PILATES	ASHTANGA YOGA	POSTURALE	ASHTANGA YOGA	PILATES	15:30 PILATES
16:30						FUNCT. TRAINING
17:00	TBW	CIRCUIT TRAINING	STEP SCULPT	TOTAL BODY	TBW	
18:00	INTERVAL TRAINING	FUNCT. TRAINING	TOTAL BODY/STEP	FUNCT. TRAINING	PILATES TRAINING	
19:00	PILATES	POSTURAL TRAINING	OLIT	POSTURAL TRAINING	CIRCUIT/STEP	
20:00	ELITE TRAINING	SPARTAN SYSTEM	ELITE TRAINING	SPARTAN SYSTEM	ELITE TRAINING	N.B. Tutti corsi hanno una durata di 50' salvo dove specificato
21:00	PRIME CIRCUIT	X-TRAINING	PRIME CIRCUIT	X-TRAINING	PRIME CIRCUIT	



⚠ Il presente programma può subire variazioni ⚠

