

# PROGRAMMAZIONE FITNESS

## STAGIONE 2026-2027

|       | Lunedì             | Martedì            | Mercoledì         | Giovedì            | Venerdì          | Sabato             |
|-------|--------------------|--------------------|-------------------|--------------------|------------------|--------------------|
| 7:30  |                    | SOFT PILATES       |                   | SOFT PILATES       |                  |                    |
| 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        |
| 10:30 |                    | SPARTAN BASIC      |                   | SPARTAN BASIC      |                  |                    |
| 11:00 | POSTURALE          |                    | POSTURALE         |                    | POSTURALE        |                    |
| 11:30 |                    | POST. MÉZIÈRES     |                   | POST. MÉZIÈRES     |                  | OLIT               |
| 12:00 | HATA YOGA          |                    | POSTURAL YOGA     |                    | HATA YOGA        |                    |
| 12:30 |                    | SKILL CONDITIONING |                   | SKILL CONDITIONING |                  |                    |
| 13:30 | TABATA WORKOUT     | HIIT               | CIRCUIT TRAINING  | HIIT               | FUNCT.POWER      |                    |
| 14:00 |                    |                    |                   |                    |                  | SPARTAN SYSTEM 90' |
| 14:30 | MOBILITY FLOW      |                    | MOBILITY FLOW     |                    | MOBILITY FLOW    |                    |
| 16:00 | PILATES            | ASHTANGA YOGA      | POSTURALE         | ASHTANGA YOGA      | PILATES          | 15:30 PILATES      |
| 16:30 |                    |                    |                   |                    |                  | FUNCT.TRAINING     |
| 17:00 | TOTAL BODY CIRCUIT | CIRCUIT TRAINING   | TOTAL BODY SCULPT | TOTAL BODY         | TOTAL BODY PUMP  |                    |
| 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 | PRIME CIRCUIT      | SPARTAN SYSTEM     | PRIME CIRCUIT     | SPARTAN SYSTEM     | PRIME CIRCUIT    |                    |
| 21:00 | X-TRAINING         | ANIMAL FLOW        | X-TRAINING        | ANIMAL FLOW        | X-TRAINING       |                    |

**N.B.**  
Tutti i corsi hanno  
una durata di 50'  
salvo dove  
specificato



ATTIVITA'  
DOLCE



ATTIVITA'  
TONIFICANTE



ATTIVITA'  
ALTA INTENSITA'



ATTIVITA'  
OLISTICA



ATTIVITA'  
FUNZIONALE



Il presente programma può **subire variazioni**



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