|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato | Domenica |
|  |  |  |  |  |  |  |
| 10.00/10.50**PILATES**Stella | 09.00/09.50POSTURALEStella | 10.00/10.50PILATESStella | 09.00/9.50POSTURALEStella | 10.00/10.50PILATESStella | 10.00/10.50YOGAStella |  |
| 11.00/11.50**TOTAL BODY**Flavio | 10.00/10.50YOPIDAChiara | 11.00/11.50TOTAL BODYSara | 10.00/10.50YOPIDAChiara | 11.00/11.50TOTALBODYFlavio | 11.00/11.50STRIKEZONE Antonio |  |
| 12.00/12.50PUMPFlavio |  | 12.00/12.50GAGSara |  | 12.00/12.50PUMPFlavio |  |  |
| 14.00/14.50FUNZIONALESimone | 14.00/14.50GAGSimone | 14.00/14.50FUNZIONALESimone | 14.00/14.50GAGSimone | 14.00/14.50FUNZIONALESimone |  |  |
| 18.00/18.50STRONGNATIONSimona | 16.00/16.50YOGAStella | 18.00/18.50STRONG NATIONSimona | 16.00/16.50YOGAStella | 18.00/18.50STRONGNATIONSimona |  |  |
| 19.00/19.50SPINNINGGiuseppe | 18.00/18.50STEP COREOGRAFICOAnita | 19.00/19.50SPINNINGGiuseppe | 18.00/18.50ZUMBASimona | 19.00/19.50SPINNINGGiuseppe |  |  |
| 19.30/19.50FUNZIONALEAnita | 19.00/19.50ZUMBASimona | 19.30/19.50CIRCUITTRAININGAnita | 19.00/19.50STEPCOREOGRAFICOAnita | 19.30/20:20FUNZIONALETiziano |  |  |
| 20.30/20.50TOTALBODYAnita | 20.00/20.50AEREO BOXEAnita | 20.30/20.50PUMPAnita | 20.00/20.50TABATATRAININGAnita | 20.30/20.50CIRCUITTRAININGAnita |  |  |

PLANNING FITNESS 2021/2022

Sala Pesi

Lunedì – Martedì - Mercoledì – Giovedì – Venerdì : 7.00 – 21.50

Sabato: 9.00 – 18.00

Domenica 10.00 – 15.00

PRENOTAZIONE OBBLIGATORIA TRAMITE APP.MOOPLAN

Via Biordo Michelotti 1-2-3-4 Largo Preneste

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