|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato | Domenica |
|  |  |  |  |  |  |  |
| 10.00/10.50  **PILATES**  Stella | 09.00/09.50  POSTURALE  Stella | 10.00/10.50  PILATES  Stella | 09.00/9.50  POSTURALE  Stella | 10.00/10.50  PILATES  Stella | 10.00/10.50  YOGA  Stella |  |
| 11.00/11.50  **TOTAL BODY**  Flavio | 10.00/10.50  YOPIDA  Chiara | 11.00/11.50  TOTAL BODY  Sara | 10.00/10.50  YOPIDA  Chiara | 11.00/11.50  TOTAL  BODY  Flavio | 11.00/11.50  STRIKE  ZONE  Antonio |  |
| 12.00/12.50  PUMP  Flavio |  | 12.00/12.50  GAG  Sara |  | 12.00/12.50  PUMP  Flavio |  |  |
| 14.00/14.50  FUNZIONALE  Simone | 14.00/14.50  GAG  Simone | 14.00/14.50  FUNZIONALE  Simone | 14.00/14.50  GAG  Simone | 14.00/14.50  FUNZIONALE  Simone |  |  |
| 18.00/18.50  STRONG  NATION  Simona | 16.00/16.50  YOGA  Stella | 18.00/18.50  STRONG NATION  Simona | 16.00/16.50  YOGA  Stella | 18.00/18.50  STRONG  NATION  Simona |  |  |
| 19.00/19.50  SPINNING  Giuseppe | 18.00/18.50  STEP COREOGRAFICO  Anita | 19.00/19.50  SPINNING  Giuseppe | 18.00/18.50  ZUMBA  Simona | 19.00/19.50  SPINNING  Giuseppe |  |  |
| 19.30/19.50  FUNZIONALE  Anita | 19.00/19.50  ZUMBA  Simona | 19.30/19.50  CIRCUIT  TRAINING  Anita | 19.00/19.50  STEP  COREOGRAFICO  Anita | 19.30/20:20  FUNZIONALE  Tiziano |  |  |
| 20.30/20.50  TOTAL  BODY  Anita | 20.00/20.50  AEREO BOXE  Anita | 20.30/20.50  PUMP  Anita | 20.00/20.50  TABATA  TRAINING  Anita | 20.30/20.50  CIRCUIT  TRAINING  Anita |  |  |

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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