|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Lunedì** | **Martedì** | **Mercoledì** | **Giovedì** | **Venerdì** | **Sabato** |
| **09.00 / 09.50**  **MOBILITY**  **SAVERIO** | **09.00/09.50**  **GINNASTICA DOLCE**  **COSTANZA** | **09.00/09.50**  **POSTURALE**  **COSTANZA** | **09.00/09.50**  **GINNASTICA DOLCE**  **COSTANZA** | **09.00/09.50**  **MOBILITY**  **SAVERIO** |  |
| **10.00 /11.00**  **PILATES**  **COSTANZA** | **10.00/10.50**  **POSTURALE MIOFASCIALE**  **COSTANZA** | **10.00/10.50**  **PILATES**  **COSTANZA** | **10.00/10.50**  **GINNASTICA VERTEBRALE**  **COSTANZA** | **10.00/10.50**  **PILATES**  **COSTANZA** |  |
| **11.00/11.50**  **TOTAL BODY**  **GIUSEPPE M.** | **11.00/11.50**  **FIT BOXE**  **COSTANZA** | **11.00/11.50**  **TABATA TRAINING**  **GIUSEPPE M.** | **11.00/11.50**  **TOTAL BODY**  **COSTANZA** | **11.00/11.50**  **TOTAL BODY**  **MARIA** |  |
| **12.00/12.50**  **BODY PUMP**  **GIUSEPPE M.** | **12.00/12.50**  **TOTAL BODY**  **COSTANZA** | **12.00/12.50**  **CARDIO WORKOUT**  **GIUSEPPE M.** | **12.00/12.50**  **FUNCTIONAL CIRCUIT**  **COSTANZA** | **12.00/12.50**  **GAG**  **FABRIZIO** | **12.00/12.50**  **SPINNING**  **TURNAZIONE** |
| **14.00/14.50**  **FUNZIONALE**  **GIUSEPPE M.** | **13.30/14.50**  **SPINNING**  **MAURIZIO** | **14.00/14.50**  **FUNZIONALE**  **GIUSEPPE M.** | **13.30/14.50**  **SPINNING**  **MAURIZIO** | **14.00/14.50**  **FUNZIONALE**  **GIUSEPPE M.** |  |
|  | **14.30/15.20**  **GAG**  **MARIA** | **16.00/17.00**  **PILATES**  **MARIA** | **14.30/15.20**  **UPPER BODY**  **MARIA** | **16.00/16.50**  **PILATES**  **ANITA** |  |
| **17.00/17.50**  **INTERVAL TRAINING**  **SIMONA** |  | **17.00/17.50**  **GAG**  **MARIA** |  | **17.00/17.50**  **STRONG NATION**  **SIMONA** |  |
| **18.00/18.50**  **STRONG NATION**  **SIMONA** | **17.00/17.50**  **TONE UP**  **GIUSEPPE M.** | **18.00/18.50**  **STRONG NATION**  **SIMONA** | **17.00/17.50**  **BODY PUMP**  **GIUSEPPE M.** | **18.00/18.50**  **MOBILITY**  **SIMONA** |  |
| **19.00/19.50**  **SPINNING**  **GIUSEPPE F.** | **18.00/18.50**  **PILATES**  **ANITA** | **19.00/19.50**  **SPINNING**  **GIUSEPPE F.** | **18.00/18.50**  **ZUMBA**  **SIMONA** | **19.00/19.50**  **SPINNING**  **GIUSEPPE F.** |  |
| **19.30/20.20**  **BODYWEIGHT**  **ANITA** | **19.00/19.50**  **ZUMBA**  **SIMONA** | **19.30/20.20**  **CIRCUIT FUNCTIONAL**  **ANITA** | **19.00/19.50**  **STEP COREO**  **ANITA** |  |  |
| **20.30/21.30**  **DEFINITION WORKOUT**  **ANITA** | **20.00/20.50**  **AEREO BOXE**  **ANITA** | **20.30/21.20**  **PUMP**  **ANITA** | **20.00/20.50**  **FUNZIONALE**  **ANITA** | **20.00/20.50**  **AEREO BOXE**  **ANITA** |  |



PLANNING FITNESS

2023-24

SALA PESI\CARDIO

Dal Lunedì al Venerdì 07:10\21:45

Sabato 09:00\17:45

Domenica 10:00\13:45

PRENOTAZIONE OBBLIGATORIA

TRAMITE APP.**MOOPLAN**(759139)

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Largo Preneste

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