|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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)

Via Biordo Michelotti 1-2-3-4

Largo Preneste

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