

PLANNING STUDENT dal 01 APRILE 2025

LUNEDI		
8:15	FLOWIN 30 min	INCTIONAL
8:30	HIST Valentina V.	SALA SOLE
9:00	GLUTEI ADDOME Gianmarco	INCTIONAL
9:30	PILATES Silvio	SALA TERRA
9:30	CRAB Valentina V.	SALA SOLE
10:30	STRETCHING 30 min Silvio	SALA SOLE
10:45	TOTAL BODY Martina	SALA TERRA
11:15	POSTURALE Silvio	SALA SOLE

MARTEDI		
08.15	G.A.G Daniela	INCTIONAL
8:00	GROUP CYCLING Fabio	SALA LUNA
9:00	GROUP CYCLING Fabio	SALA LUNA
10.15	YOGA Giulia	SALA TERRA
10:45	TOTAL BODY Martina	SALA SOLE
11.45	PILATES Martina	SALA TERRA

MERCOLEDI		
8:15	GLUTEI ADDOME Gianmarco	INCTIONAL
8:30	RED Valentina V.	SALA SOLE
9:00	CIRCUIT TRAINING Gianmarco	INCTIONAL
9:30	PILATES Silvio	SALA TERRA
9:30	FUSION Valentina V.	SALA SOLE
10:30	STRETCHING 30 min Silvio	SALA SOLE
10:45	G.A.G Martina	SALA TERRA
11:15	POSTURALE Silvio	SALA SOLE

GIOVEDI		
08.15	G.A.G Daniela	INCTIONAL
8:00	GROUP CYCLING Fabio	SALA LUNA
9:00	GROUP CYCLING Fabio	SALA LUNA
10.15	YOGA Giulia	SALA TERRA
10:45	TOTAL BODY Martina	SALA SOLE
11.45	PILATES Martina	SALA TERRA

VENERDI		
8:15	FLOWIN 30 min	INCTIONAL
8:30	FUSION Valentina V.	SALA SOLE
9:00	GLUTEI ADDOME Gianmarco	INCTIONAL
9:30	PILATES Silvio	SALA TERRA
9:30	RED Valentina V.	SALA SOLE
10:30	STRETCHING 30 min Silvio	SALA SOLE
10:45	STEP&TONE Martina	SALA TERRA
11:15	POSTURALE Silvio	SALA SOLE

SABATO		
9:00	GROUP CYCLING Andrea N	SALA LUNA
9:00	SUPERFUNCTIONAL 90 MINUTI	OUTDOO
10:00	GROUP CYCLING Andrea N	SALA LUNA
10:30	CIRCUIT TRAINING	INCTION
10:30	POSTURAL PILATES Silvio	SALA SOLE
11:00	CALISTHENICS 90 min Gabriele	OUTDOO
16.00	YOGA Giulia	SALA SOLE

12:45	H.I.I.T 30 min Francesco	INCTIONAL
13:30	CROSSTRAIN Cesare	OUTDOO
13:30	SHOULDER STRENGTH 30 min Francesco	INCTIONAL

13:00	GLUTEI E ADDOME Aurora	INCTIONAL
-------	---------------------------	-----------

12:45	CORE TRAINING 30 min Francesco	INCTIONAL
13:30	CROSSTRAIN Cesare	OUTDOO
13:30	H.I.I.T 30 min Francesco	INCTIONAL

13:00	GLUTEI E ADDOME Aurora	INCTIONAL
-------	---------------------------	-----------

12:45	H.I.I.T 30 min Francesco	INCTIONAL
13:30	CROSSTRAIN Cesare	OUTDOO
13:30	LEG STRENGHT 30 min Francesco	INCTIONAL

DOMENICHE

06-apr		
10.30	CIRCUIT TRAINING Aurora	INCTION

13-apr		
10.30	YOGA Giulia	SALA SOLE

21/04/2025 PASQUETTA		
10.30	CIRCUIT TRAINING Aurora	INCTION

17:00	POSTURALE Daniela	SALA SOLE
17:30	G.A.G Valentina P.	SALA TERRA
18:00	CROSSTRAIN Cesare	OUTDOO
18:00	GROUP CYCLING Andrea N	SALA LUNA
18:00	PILATES Daniela	SALA SOLE
18:15	FUNCTIONAL STRENGTH Francesco	INCTIONAL
18:30	TOTAL BODY Valentina P.	SALA TERRA
19:00	CROSSTRAIN Cesare	OUTDOO
19:00	YOGA Giulia	SALA SOLE
19:15	GROUP CYCLING Andrea N	SALA LUNA
19:30	STEP&TONE Simona	SALA TERRA
19:30	CIRCUIT TRAINING Francesco	INCTIONAL

17:30	CALISTHENICS 90 min Gabriele	OUTDOO
17:30	RED Valentina V.	SALA SOLE
17:30	POSTURAL PILATES 45 MIN Silvio	SALA TERRA
18:00	CIRCUIT TRAINING Gianmarco	INCTIONAL
18:20	POSTURAL PILATES 45 MIN Silvio	SALA TERRA
18:30	HIST Valentina V.	SALA SOLE
18:30	CROSSTRAIN Andrea B.	OUTDOO
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:00	CORE TRAINING 30 min Aurora	INCTIONAL
19:10	POSTURAL PILATES 45 MIN Silvio	SALA TERRA
19:30	PUMP Morena	SALA SOLE
19:30	CROSSTRAIN Andrea B.	OUTDOO
19:45	FUNCTIONAL BODY WEIGHT Edoardo	INCTIONAL

17:00	POSTURALE Daniela	SALA SOLE
17:30	STEP&TONE Valentina P.	SALA TERRA
18:00	CROSSTRAIN Cesare	OUTDOO
18:00	GROUP CYCLING Andrea N	SALA LUNA
18:00	PILATES Daniela	SALA SOLE
18:15	CIRCUIT TRAINING Francesco	INCTIONAL
18:30	G.A.G Valentini P.	SALA TERRA
19:00	CROSSTRAIN Cesare	OUTDOO
19:00	YOGA Giulia	SALA SOLE
19:15	GROUP CYCLING Andrea N	SALA LUNA
19:30	TOTAL BODY Simona	SALA TERRA
19:30	FUNCTIONAL STRENGTH	INCTIONAL

17:30	CALISTHENICS 90 min Gabriele	OUTDOO
17:30	FUSION Valentina V.	SALA SOLE
17:30	POSTURAL PILATES 45 MIN Silvio	SALA TERRA
18:00	CIRCUIT TRAINING Gianmarco	INCTIONAL
18:20	POSTURAL PILATES 45 MIN Silvio	SALA TERRA
18:30	RED Valentina V.	SALA SOLE
18:30	CROSSTRAIN Andrea B.	OUTDOO
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:00	CORE TRAINING 30 min Aurora	INCTIONAL
19:10	POSTURAL PILATES 45 MIN Silvio	SALA TERRA
19:30	PUMP Morena	SALA SOLE
19:30	CROSSTRAIN Andrea B.	OUTDOO
19:45	FUNCTIONAL BODY WEIGHT Edoardo	INCTIONAL

17:00	POSTURALE Daniela	SALA SOLE
18:00	CROSSTRAIN Cesare	OUTDOO
18:00	PILATES Daniela	SALA SOLE
18:15	FUNCTIONAL STRENGTH	INCTIONAL
18:30	STEP&TONE Simona	SALA TERRA
19:00	CROSSTRAIN Cesare	OUTDOO
19:00	YOGA Giulia	SALA SOLE
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:30	CIRCUIT TRAINING Francesco	INCTIONAL



ORARI RECEPTION

DAL LUNEDI' AL VENERDI' : 7,00 - 21,30
 SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI PADEL

DAL LUNEDI' AL VENERDI' : 8,30 - 21,30
 SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI TENNIS

DAL LUNEDI' AL VENERDI' : 8,30 - 21,30
 SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI SALA PESI :

DAL LUNEDI' AL VENERDI' : 7,00 - 22,00
 SABATO : 8,00 - 19,30
 DOMENICA E FESTIVI: 8,00 - 14.00

N.B. TUTTE LE ATTIVITA' SOPRAINDICATE RIENTRANO NELLA DISCIPLINA SPORTIVA CONI "ATTIVITA' SPORTIVA GINNASTICA FINALIZZATA ALLA SALUTE ED AL FITNESS"

La Direzione si riserva la facoltà di annullare o sospendere corsi inferiori a 3 partecipanti e il diritto di modificare il planning corsi e gli orari in base alle necessità organizzative.

telefono : 06/6383850