

# PLANNING CORSI



## PALAGYM sport e vita ASSAROTTI

# STAGIONE 2023/2024

### i-FITNESS

#### ONDEMAND

Scegli il tuo allenamento!

Da Lunedì a Venerdì: dalle 7.00 alle 22.00

Sabato: dalle 9.00 alle 19.00

Domenica: dalle 9.00 alle 14.00



#### LUNEDÌ

7:00 / 8:00	ONDEMAND
8:00	GAG 45'
8:45	CIRCUITO 15'
9:30 / 11:00	ONDEMAND
11:30	GAG 45'
12:15	CIRCUITO 15'
12:30	STRETCHING 45'
12:45	BODYMIND PILATES 15'
13:30	GAG 45'
15:00	PUMP 45'
15:45	CIRCUITO 15'
16:00 / 17:00	ONDEMAND
17:00	TOTAL TONE 45'
17:45	CIRCUITO 15'
18:00	KOMBAT 45'
18:45	CIRCUITO 15'
19:00	BODYMIND PILATES 45'
19:45 / 21:45	ONDEMAND

#### MARTEDÌ

7:00 / 10:00	ONDEMAND
10:30	PUMP 45'
11:15	CIRCUITO 15'
11:30	ABS ABDOMINAL 20'
12:00	BODYMIND YOGA 45'
12:45	CIRCUITO 15'
13:00	AEROBICA 45'
14:00	GAG 45'
14:45	CIRCUITO 15'
15:30 / 18:00	ONDEMAND
18:00	BODYMIND PILATES 45'
18:45	STRETCHING 15'
19:00	FUNZIONALE 45'
19:45 / 21:45	ONDEMAND

#### MERCOLEDÌ

7:00 / 8:00	ONDEMAND
8:00	PUMP 45'
8:45	CIRCUITO 15'
9:30 / 11:00	ONDEMAND
11:30	PUMP 45'
12:15	CIRCUITO 15'
12:30	AEROBICA 45'
13:15	CIRCUITO 15'
13:30	TOTAL TONE 45'
15:00	GAG 45'
15:45	CIRCUITO 15'
16:30	ONDEMAND 30'
17:00	FUNZIONALE 45'
17:45	CIRCUITO 15'
18:00	GAG 45'
18:45	CIRCUITO 15'
19:00 / 21:45	ONDEMAND

#### GIOVEDÌ

7:00 / 10:00	ONDEMAND
10:00	GAG 45'
10:45	CIRCUITO 15'
11:30 / 12:45	ONDEMAND
12:45	CIRCUITO 15'
13:00	FUNZIONALE 45'
14:00	TOTAL TONE 45'
14:45	CIRCUITO 15'
15:30 / 17:00	ONDEMAND
17:00	BODYMIND PILATES 45'
17:45	CIRCUITO 15'
18:00	TOTAL TONE 45'
18:45	CIRCUITO 15'
19:00	GLUTEI 20'
19:30	PUMP 45'
20:15	ABS ABDOMINAL 20'
20:30 / 21:45	ONDEMAND

#### VENERDÌ

7:00 / 10:00	ONDEMAND
10:00	PUMP 45'
10:45	CIRCUITO 15'
11:30	ONDEMAND 30'
12:00	KOMBAT 45'
12:45	CIRCUITO 15'
13:00	TOTAL TONE 45'
13:45	CIRCUITO 15'
14:30	GAG 45'
15:15	CIRCUITO 15'
16:00 / 18:00	ONDEMAND
18:00	BODYMIND YOGA 45'
18:45	CIRCUITO 15'
19:00	ABS ABDOMINAL 20'
19:30	GAG 45'
20:15	CIRCUITO 15'
20:30 / 21:45	ONDEMAND

#### SABATO

9:00 / 10:30	ONDEMAND
10:30	BODYMIND YOGA 45'
12:00	TOTAL TONE 45'
13:00 / 15:00	ONDEMAND
15:30 / 18:45	ONDEMAND

#### DOMENICA

9:00 / 10:30	ONDEMAND
10:30	BODYMIND PILATES 45'
12:00 / 13:45	ONDEMAND