







FITNESS

PLANNING 2024/25





LUNEDÌ






- 8:30 ABS + G&G  
- 9:00 PILLOLA 
- 9:30 TABATA TONO 
- 10:00 UPPERBODY 
- 10:30 BODYMIND 











- 12:30 TONO 
- 13:00 GAMBE&GLUTEI 
- 13:30 FIT&DANCE 
- 14:00 PILLOLA 

- 16:00 ABS + UPPER  
- 16:30 BODYMIND 
- 17:00 TABATA GAMBE&GLUTEI 
- 17:30 FIT&DANCE 
- 18:00 ABS ADDOMINALI 
- 18:30 360 FIT 
- 19:00 TONO 
- 19:30 GAMBE&GLUTEI 







MARTEDÌ


- 8:30 UPPER + HIIT  
- 9:00 BODYMIND 
- 9:30 GAMBE&GLUTEI 
- 10:00 PILLOLA 
- 10:30 360 FIT 











- 12:30 UPPERBODY 
- 13:00 BODYMIND 
- 13:30 GAG + ABS  
- 14:00 TABATA TONO 

- 16:00 HIIT + G&G  
- 16:30 PILLOLA 
- 17:00 ABS ADDOMINALI 
- 17:30 TABATA UPPERBODY 
- 18:00 HIIT + ABS  
- 18:30 GAMBE&GLUTEI 
- 19:00 360 FIT 
- 19:30 BODYMIND 


MERCOLEDÌ

- 8:30 G&G + ABS  
- 9:00 TONO 
- 9:30 UPPERBODY 
- 10:00 ABS ADDOMINALI 
- 10:30 TABATA GAMBE&GLUTEI 








- 12:30 GAMBE&GLUTEI 
- 13:00 360FIT 
- 13:30 BODYMIND 
- 14:00 UPPERBODY 

- 16:00 HIIT + UPPER  
- 16:30 FIT&DANCE 
- 17:00 TONO 
- 17:30 BODYMIND 
- 18:00 GAMBE&GLUTEI 
- 18:30 TABATA TONO + ABS  
- 19:00 PILLOLA 
- 19:30 UPPERBODY 

GIOVEDÌ



- 8:30 HIIT + G&G  
- 9:00 UPPERBODY 
- 9:30 TONO 
- 10:00 BODYMIND 
- 10:30 PILLOLA 

- 12:30 HIIT + ABS  
- 13:00 UPPERBODY 
- 13:30 TONO 
- 14:00 360 FIT 

- 16:00 G&G + ABS  
- 16:30 TONO 
- 17:00 UPPERBODY 
- 17:30 360FIT 
- 18:00 BODYMIND 
- 18:30 TONO 
- 19:00 ABS ADDOMINALI 
- 19:30 PILLOLA 

VENERDÌ

- 8:30 TABATA TONO + UPPER  
- 9:00 GAMBE&GLUTEI 
- 9:30 BODYMIND 
- 10:00 360 FIT 
- 10:30 UPPERBODY 

- 12:30 TABATA TONO 
- 13:00 FIT&DANCE 
- 13:30 PILLOLA 
- 14:00 BODYMIND 




- 16:00 TABATA TONO + ABS  
- 16:30 UPPERBODY 
- 17:00 BODYMIND 
- 17:30 GAMBE&GLUTEI 
- 18:00 TABATA TONO 
- 18:30 UPPERBODY 
- 19:00 FIT&DANCE 
- 19:30 HIIT + ABS  

SABATO

- 10:00 TONO 
- 10:30 GAMBE&GLUTEI 
- 11:00 UPPERBODY 
- 11:30 PILLOLA 

- 15:00 PILLOLA 
- 15:30 TABATA TONO 
- 16:00 GAMBE&GLUTEI 

DOMENICA

- 10:00 BODYMIND 
- 10:30 TABATA TONO 
- 11:00 PILLOLA 
- 11:30 GAMBE&GLUTEI 