

PLANNING 2024/25

LUNEDÌ

| | |
|-----------------|----------------------|
| 7:00 /11:00 | ONDEMAND |
| 11:00 | PUMP 45' |
| 11:45 | GAG 45' |
| 12:30 | CIRCUIT TRAINING 30' |
| 13:00 | PUMP 45' |
| 13:45 /14:30 | ONDEMAND |
| 14:30 | TOTAL TONE 45' |
| 15:15 | KOMBAT 45' |
| 16:00 /17:15 | ONDEMAND |
| 17:15 | CIRCUIT TRAINING 15' |
| 17:30 | TOTAL TONE 45' |
| 18:15 | GAG 45' |
| 19:00 /21:45 | ONDEMAND |

MARTEDÌ

| | |
|-----------------|----------------------|
| 7:00 /10:45 | ONDEMAND |
| 10:45 | CIRCUIT TRAINING 15' |
| 11:00 | GAG 45' |
| 11:45 | PUMP 45' |
| 12:30 | ONDEMAND |
| 13:00 | TOTAL TONE 45' |
| 13:45 /14:30 | ONDEMAND |
| 14:30 | GAG 45' |
| 15:15 | BODYMIND PILATES 45' |
| 16:00 /17:30 | ONDEMAND |
| 17:30 | BODYMIND PILATES 45' |
| 18:15 | TOTAL TONE 45' |
| 19:00 | CIRCUIT TRAINING 15' |
| 19:15 /21:45 | ONDEMAND |

MERCOLEDÌ

| | |
|-----------------|----------------------|
| 7:00 /11:00 | ONDEMAND |
| 11:00 | TOTAL TONE 45' |
| 11:45 | BODYMIND PILATES 45' |
| 12:30 | CIRCUIT TRAINING 30' |
| 13:00 | KOMBAT 45' |
| 13:45 /14:30 | ONDEMAND |
| 14:30 | PUMP 45' |
| 15:15 | GAG 45' |
| 16:00 /17:15 | ONDEMAND |
| 17:15 | CIRCUIT TRAINING 15' |
| 17:30 | PUMP 45' |
| 18:15 | KOMBAT 45' |
| 19:00 /21:45 | ONDEMAND |

GIOVEDÌ

| | |
|-----------------|----------------------|
| 7:00 /11:00 | ONDEMAND |
| 11:00 | KOMBAT 45' |
| 11:45 | PUMP 45' |
| 12:30 | ONDEMAND |
| 13:00 | AEROBICA 45' |
| 13:45 /14:30 | ONDEMAND |
| 14:30 | BODYMIND PILATES 45' |
| 15:15 | TOTAL TONE 45' |
| 16:00 /17:30 | ONDEMAND |
| 17:30 | GAG 45' |
| 18:15 | PUMP 45' |
| 19:00 | CIRCUIT TRAINING 15' |
| 19:15 /21:45 | ONDEMAND |

VENERDÌ

| | |
|-----------------|----------------------|
| 7:00 /10:45 | ONDEMAND |
| 10:45 | CIRCUIT TRAINING 15' |
| 11:00 | GAG 45' |
| 11:45 | TOTAL TONE 45' |
| 12:30 | ONDEMAND |
| 13:00 | PUMP 45' |
| 13:45 /14:30 | ONDEMAND |
| 14:30 | GAG 45' |
| 15:15 | PUMP 45' |
| 16:00 /17:30 | ONDEMAND |
| 17:30 | KOMBAT 45' |
| 18:15 | BODYMIND PILATES 45' |
| 19:00 /21:45 | ONDEMAND |

SABATO

| | |
|-----------------|----------------------|
| 9:00 /10:30 | ONDEMAND |
| 10:30 | BODYMIND PILATES 45' |
| 11:15 | ONDEMAND |
| 12:00 | GAG 45' |
| 12:45 /18.45 | ONDEMAND |

DOMENICA

| | |
|-----------------|----------------|
| 9:00 /10:30 | ONDEMAND |
| 10:30 | PUMP 45' |
| 11:15 | ONDEMAND |
| 12:00 | TOTAL TONE 45' |
| 12:45 /13.45 | ONDEMAND |

