

# FITNESS

## PLANNING Estate 2025

### LUNEDÌ

|       |             |        |
|-------|-------------|--------|
| 8:30  | ABS + G&G   | LH F90 |
| 9:00  | PILLOLA     | LH F90 |
| 9:30  | TABATA TONO | LH F90 |
| 10:00 | UPPERBODY   | LH F90 |
| 10:30 | BODYMIND    | LH F90 |

|       |              |        |
|-------|--------------|--------|
| 12:30 | TONO         | LH F90 |
| 13:00 | GAMBE&GLUTEI | LH F90 |
| 13:30 | FIT&DANCE    | LH F90 |
| 14:00 | PILLOLA      | LH F90 |

|       |                     |        |
|-------|---------------------|--------|
| 16:00 | ABS + UPPER         | LH F90 |
| 16:30 | BODYMIND            | LH F90 |
| 17:00 | TABATA GAMBE&GLUTEI | LH F90 |
| 17:30 | FIT&DANCE           | LH F90 |
| 18:00 | ABS ADDOMINALI      | LH F90 |
| 18:30 | 360 FIT             | LH F90 |
| 19:00 | TONO                | LH F90 |
| 19:30 | GAMBE&GLUTEI        | LH F90 |

### MARTEDÌ

|       |              |        |
|-------|--------------|--------|
| 8:30  | UPPER + HIIT | LH F90 |
| 9:00  | BODYMIND     | LH F90 |
| 9:30  | GAMBE&GLUTEI | LH F90 |
| 10:00 | PILLOLA      | LH F90 |
| 10:30 | 360 FIT      | LH F90 |

|       |             |        |
|-------|-------------|--------|
| 12:30 | UPPERBODY   | LH F90 |
| 13:00 | BODYMIND    | LH F90 |
| 13:30 | GAG + ABS   | LH F90 |
| 14:00 | TABATA TONO | LH F90 |

|       |                  |        |
|-------|------------------|--------|
| 16:00 | HIIT + G&G       | LH F90 |
| 16:30 | PILLOLA          | LH F90 |
| 17:00 | ABS ADDOMINALI   | LH F90 |
| 17:30 | TABATA UPPERBODY | LH F90 |
| 18:00 | HIIT + ABS       | LH F90 |
| 18:30 | GAMBE&GLUTEI     | LH F90 |
| 19:00 | 360 FIT          | LH F90 |
| 19:30 | BODYMIND         | LH F90 |

### MERCOLEDÌ

|       |                     |        |
|-------|---------------------|--------|
| 8:30  | G&G + ABS           | LH F90 |
| 9:00  | TONO                | LH F90 |
| 9:30  | UPPERBODY           | LH F90 |
| 10:00 | ABS ADDOMINALI      | LH F90 |
| 10:30 | TABATA GAMBE&GLUTEI | LH F90 |

|       |              |        |
|-------|--------------|--------|
| 12:30 | GAMBE&GLUTEI | LH F90 |
| 13:00 | 360FIT       | LH F90 |
| 13:30 | BODYMIND     | LH F90 |
| 14:00 | UPPERBODY    | LH F90 |

|       |                   |        |
|-------|-------------------|--------|
| 16:00 | HIIT + UPPER      | LH F90 |
| 16:30 | FIT&DANCE         | LH F90 |
| 17:00 | TONO              | LH F90 |
| 17:30 | BODYMIND          | LH F90 |
| 18:00 | GAMBE&GLUTEI      | LH F90 |
| 18:30 | TABATA TONO + ABS | LH F90 |
| 19:00 | PILLOLA           | LH F90 |
| 19:30 | UPPERBODY         | LH F90 |

### GIOVEDÌ

|       |            |        |
|-------|------------|--------|
| 8:30  | HIIT + G&G | LH F90 |
| 9:00  | UPPERBODY  | LH F90 |
| 9:30  | TONO       | LH F90 |
| 10:00 | BODYMIND   | LH F90 |
| 10:30 | PILLOLA    | LH F90 |

|       |            |        |
|-------|------------|--------|
| 12:30 | HIIT + ABS | LH F90 |
| 13:00 | UPPERBODY  | LH F90 |
| 13:30 | TONO       | LH F90 |
| 14:00 | 360 FIT    | LH F90 |

|       |                |        |
|-------|----------------|--------|
| 16:00 | G&G + ABS      | LH F90 |
| 16:30 | TONO           | LH F90 |
| 17:00 | UPPERBODY      | LH F90 |
| 17:30 | 360FIT         | LH F90 |
| 18:00 | BODYMIND       | LH F90 |
| 18:30 | TONO           | LH F90 |
| 19:00 | ABS ADDOMINALI | LH F90 |
| 19:30 | PILLOLA        | LH F90 |

### VENERDÌ

|       |                     |        |
|-------|---------------------|--------|
| 8:30  | TABATA TONO + UPPER | LH F90 |
| 9:00  | GAMBE&GLUTEI        | LH F90 |
| 9:30  | BODYMIND            | LH F90 |
| 10:00 | 360 FIT             | LH F90 |
| 10:30 | UPPERBODY           | LH F90 |

|       |             |        |
|-------|-------------|--------|
| 12:30 | TABATA TONO | LH F90 |
| 13:00 | FIT&DANCE   | LH F90 |
| 13:30 | PILLOLA     | LH F90 |
| 14:00 | BODYMIND    | LH F90 |

|       |                   |        |
|-------|-------------------|--------|
| 16:00 | TABATA TONO + ABS | LH F90 |
| 16:30 | UPPERBODY         | LH F90 |
| 17:00 | BODYMIND          | LH F90 |
| 17:30 | GAMBE&GLUTEI      | LH F90 |
| 18:00 | TABATA TONO       | LH F90 |
| 18:30 | UPPERBODY         | LH F90 |
| 19:00 | FIT&DANCE         | LH F90 |
| 19:30 | HIIT + ABS        | LH F90 |

### SABATO

|       |              |        |
|-------|--------------|--------|
| 10:00 | TONO         | LH F90 |
| 10:30 | GAMBE&GLUTEI | LH F90 |
| 11:00 | UPPERBODY    | LH F90 |
| 11:30 | PILLOLA      | LH F90 |



**PALAGYM**  
sport e vita  
ASSAROTTI



**LIVE HOME FITNESS**  
Lezioni Online



**FAST CLASSES**  
2 Lezioni da 15 minuti