

FITNESS

PLANNING 2025/26

LUNEDÌ

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

12:30	ABS + UPPER		
13:00	GAMBE&GLUTEI		
13:30	FIT&DANCE		
14:00	PILLOLA		

16:00	UPPERBODY		
16:30	PILATES		
17:00	GAMBE&GLUTEI		
17:30	FIT&DANCE		
18:00	ABS ADDOMINALI		
18:30	360 FIT		
19:00	TABATA TONO		
19:30	G&G + ABS		

MARTEDÌ

8:30	UPPERBODY		
9:00	ABS ADDOMINALI		
9:30	GAMBE&GLUTEI		
10:00	TABATA TONO		
10:30	360 FIT		

12:30	TONO		
13:00	PILATES		
13:30	PILLOLA		
14:00	G&G + ABS		

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

MERCOLEDÌ

8:30	GAMBE&GLUTEI		
9:00	TONO		
9:30	PILATES		
10:00	ABS ADDOMINALI		
10:30	TABATA G&G		

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

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

GIOVEDÌ

8:30	HIIT + UPPER		
9:00	GAMBE&GLUTEI		
9:30	TABATA TONO		
10:00	BODYMIND		
10:30	PILLOLA		

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

16:00	TONO		
16:30	TABATA G&G		
17:00	UPPERBODY		
17:30	360FIT		
18:00	PILLOLA		
18:30	TONO		
19:00	ABS ADDOMINALI		
19:30	PILATES		

VENERDÌ

8:30	TONO		
9:00	BODYMIND		
9:30	PILLOLA		
10:00	360 FIT		
10:30	UPPER + ABS		

12:30	HIIT + ABS		
13:00	FIT&DANCE		
13:30	TABATA G&G		
14:00	PILATES		

16:00	PILLOLA		
16:30	UPPERBODY		
17:00	FIT&DANCE		
17:30	TABATA TONO		
18:00	360 FIT		
18:30	PILATES		
19:00	GAMBE&GLUTEI		
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		



LIVE HOME FITNESS
Lezioni Online



FAST CLASSES
2 Lezioni da 15 minuti