

FITNESS

PLANNING 2025/26

LUNEDÌ

8:30	ABS + G&G	LH F30
9:00	PILLOLA	LH F30
9:30	TONO	LH F30
10:00	UPPERBODY	LH F30
10:30	BODYMIND	LH F30

12:30	ABS + UPPER	LH F30
13:00	GAMBE&GLUTEI	LH F30
13:30	FIT&DANCE	LH F30
14:00	PILLOLA	LH F30

16:00	UPPERBODY	LH F30
16:30	PILATES	LH F30
17:00	GAMBE&GLUTEI	LH F30
17:30	FIT&DANCE	LH F30
18:00	ABS ADDOMINALI	LH F30
18:30	360 FIT	LH F30
19:00	TABATA TONO	LH F30
19:30	G&G + ABS	LH F30

MARTEDÌ

8:30	UPPERBODY	LH F30
9:00	PILATES	LH F30
9:30	GAMBE&GLUTEI	LH F30
10:00	TABATA TONO	LH F30
10:30	360 FIT	LH F30

12:30	TONO	LH F30
13:00	PILATES	LH F30
13:30	PILLOLA	LH F30
14:00	G&G + ABS	LH F30

16:00	HIIT + ABS	LH F30
16:30	TONO	LH F30
17:00	PILLOLA	LH F30
17:30	TABATA G&G	LH F30
18:00	UPPERBODY	LH F30
18:30	ABS ADDOMINALI	LH F30
19:00	360 FIT	LH F30
19:30	GAMBE&GLUTEI	LH F30

MERCOLEDÌ

8:30	GAMBE&GLUTEI	LH F30
9:00	TONO	LH F30
9:30	PILATES	LH F30
10:00	ABS ADDOMINALI	LH F30
10:30	TABATA G&G	LH F30

12:30	PILLOLA	LH F30
13:00	360FIT	LH F30
13:30	UPPERBODY	LH F30
14:00	GAMBE&GLUTEI	LH F30

16:00	UPPER + HIIT	LH F30
16:30	FIT&DANCE	LH F30
17:00	TONO	LH F30
17:30	PILATES	LH F30
18:00	GAMBE&GLUTEI	LH F30
18:30	TABATA TONO	LH F30
19:00	PILLOLA	LH F30
19:30	UPPERBODY	LH F30

GIOVEDÌ

8:30	HIIT + UPPER	LH F30
9:00	GAMBE&GLUTEI	LH F30
9:30	TABATA TONO	LH F30
10:00	BODYMIND	LH F30
10:30	PILLOLA	LH F30

12:30	GAMBE&GLUTEI	LH F30
13:00	TONO	LH F30
13:30	360 FIT	LH F30
14:00	UPPERBODY	LH F30

16:00	TONO	LH F30
16:30	TABATA G&G	LH F30
17:00	UPPERBODY	LH F30
17:30	360FIT	LH F30
18:00	PILLOLA	LH F30
18:30	TONO	LH F30
19:00	ABS ADDOMINALI	LH F30
19:30	PILATES	LH F30

VENERDÌ

8:30	TONO	LH F30
9:00	BODYMIND	LH F30
9:30	PILLOLA	LH F30
10:00	360 FIT	LH F30
10:30	UPPER + ABS	LH F30

12:30	HIIT + ABS	LH F30
13:00	FIT&DANCE	LH F30
13:30	TABATA G&G	LH F30
14:00	PILATES	LH F30

16:00	PILLOLA	LH F30
16:30	UPPERBODY	LH F30
17:00	FIT&DANCE	LH F30
17:30	TABATA TONO	LH F30
18:00	360 FIT	LH F30
18:30	PILATES	LH F30
19:00	GAMBE&GLUTEI	LH F30
19:30	HIIT + ABS	LH F30

SABATO

10:00	TONO	LH F30
10:30	GAMBE&GLUTEI	LH F30
11:00	UPPERBODY	LH F30
11:30	PILLOLA	LH F30

15:00	PILLOLA	LH F30
15:30	TABATA TONO	LH F30
16:00	GAMBE&GLUTEI	LH F30

DOMENICA

10:00	BODYMIND	LH F30
10:30	TABATA TONO	LH F30
11:00	PILLOLA	LH F30
11:30	GAMBE&GLUTEI	LH F30



LIVE HOME FITNESS
Lezioni Online



FAST CLASSES
2 Lezioni da 15 minuti