

PLANNING CORSI 2026/2027

SALA/ FASCIA ORARIA	<i>LUNEDI'</i>		<i>MARTEDI'</i>		<i>MERCOLEDI'</i>		<i>GIOVEDI'</i>		<i>VENERDI'</i>	
	<u>SALA ALPHA</u>	<u>SALA ZEN</u>	<u>SALA ALPHA</u>	<u>SALA ZEN</u>	<u>SALA ALPHA</u>	<u>SALA ZEN</u>	<u>SALA ALPHA</u>	<u>SALA ZEN</u>	<u>SALA ALPHA</u>	<u>SALA ZEN</u>
MATTINA		RISVEGLIO MUSCOLARE 10.00/11.00				RISVEGLIO MUSCOLARE 10.00/11.00				RISVEGLIO MUSCOLARE 10.00/11.00
PAUSA PRANZO	FUNCTIONAL TRAINING LIBERO 12.30/14.00		FUNCTIONAL TRAINING LIBERO 12.30/14.00	GAG - CORE - TOTAL BODY 17.30/18.30	FUNCTIONAL TRAINING LIBERO 12.30/14.00		FUNCTIONAL TRAINING LIBERO 12.30/14.00		FUNCTIONAL TRAINING LIBERO 12.30/14.00	
SERA	FUNCTIONAL TRAINING (ENDURANCE/ HIIT) 18.30/19.30			YOGA 19.00/20.00	FUNCTIONAL TRAINING (ENDURANCE/ HIIT) 18.30/19.30			YOGA 19.00/20.00	FUNCTIONAL TRAINING LIBERO 18.30/19.30	GAG - CORE - TOTAL BODY 17.00/18.00
		GYM BOXE 19.30/20.30	FUNCTIONAL TRAINING (ENDURANCE/ HIIT) 19.30/20.30			GYM BOXE 19.30/20.30	FUNCTIONAL TRAINING (ENDURANCE/ HIIT) 19.30/20.30			

I CORSI DI GRUPPO SI TERRANNO CON UN MINIMO DI 3 PERSONE – I CIRCUITI LIBERI SONO SEMPRE DISPONIBILI