

CORSI LIVE & VIRTUAL



PLANNING

BLACK ROOM	Lun	Mar	Mer	Gio	Ven	Sab	
6:15 - 7:05	CROSS TRAINING		CROSS TRAINING		HYROX		
9:30 - 10:20		HYROX		CROSS TRAINING			
10:30 - 12:00					HYROX	GARA HYROX 90'	
13:00 - 13:50	CROSS TRAINING		CROSS TRAINING				
17:00 - 17:50		HYROX					
18:00 - 18:50	CROSS TRAINING	HYROX	CROSS TRAINING	CROSS TRAINING	HYROX		
19:00 - 19:50	CROSS TRAINING	HYROX	CROSS TRAINING	WEIGHTLIFTING	HYROX		
20:00 - 20:40/20:50	H.I.I.T. ROW	WEIGHTLIFTING	WEIGHTLIFTING	WEIGHTLIFTING	WEIGHTLIFTING		
GOLD ROOM	Lun	Mar	Mer	Gio	Ven	Sab	Dom
6:30 - 7:20	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM		
10:00 - 10:50							
12:00 - 12:50						INDOOR CYCLING	
13:00 - 13:50		INDOOR CYCLING	BODY FLYING	INDOOR CYCLING			
18:00 - 18:50	BODY FLYING	BODY FLYING	BODY FLYING	BODY FLYING	PILATES BODY FLYING		
19:00 - 19:50	INDOOR CYCLING		MOBILITY				
19:15 - 20:05		INDOOR CYCLING		INDOOR CYCLING	INDOOR CYCLING		
20:00 - 20:50	INDOOR CYCLING		SLOW YOGA				
20:15 - 21:05		LES MILLS RPM		LES MILLS RPM			
WHITE ROOM	Lun	Mar	Mer	Gio	Ven	Sab	
11:15 - 12:05						CALISTHENICS	
17:00 - 17:50		CALISTHENICS		CALISTHENICS			
17:30 - 18:20	CALISTHENICS		CALISTHENICS				
18:30 - 19:00		TRX		TRX			
19:00 - 19:50	CALISTHENICS		CALISTHENICS		CALISTHENICS		
20:00 - 20:50		M. DEFENCE SYSTEM		M. DEFENCE SYSTEM			
SILVER ROOM	Lun	Mar	Mer	Gio	Ven	Sab	Dom
6:30 - 7:20	LES MILLS BODYPUMP		LES MILLS BODYBALANCE		LES MILLS BODYPUMP		
8:00 - 8:50	LES MILLS BODYBALANCE			LES MILLS BODYPUMP			
9:15 - 10:05	ANTALGICA	LES MILLS BODYBALANCE	ANTALGICA				
9:30 - 10:20				PILATES			
10:00 - 10:50						LES MILLS BODYPUMP	LES MILLS BODYPUMP
10:30 - 11:20		ONEKOR NRG	TOTAL BODY	WALKING			
11:00 - 11:50	ANTALGICA				ANTALGICA	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
13:15 - 14:05	WALKING	TABATA	LES MILLS BODYPUMP	PILATES FLOW	WALKING	RUN SQUAT FUNCTIONAL	
17:00 - 17:50	GAG	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	ALLENAMENTO FUNZIONALE	LES MILLS BODYBALANCE		
18:00 - 18:50	WALKING	REBOUNding	GAG	ZUMBA	LES MILLS BODYPUMP		
19:00 - 19:50	INTERVAL TRAINING	ALLENAMENTO FUNZIONALE	FUNCTIONAL CROSS	BUNGEEFIT WALK	VINYASA YOGA		
20:00 - 20:50	VINYASA YOGA	LES MILLS BODYPUMP	PILATES	RUN SQUAT FUNCTIONAL			

