

CORSI LIVE & VIRTUAL



PLANNING

	Lun	Mar	Mer	Gio	Ven	Sab
6:15 - 7:05	CROSS TRAINING		HYROX		HYROX	
9:30 - 10:20		HYROX		CROSS TRAINING		
10:30 - 12:00						GARA HYROX
13:10 - 13:00	CROSS TRAINING		HYROX		HYROX	
17:00 - 17:50		STHENATHLON YOUNG		STHENATHLON YOUNG		
18:00 - 18:50	CROSS TRAINING	HYROX	HYROX	CROSS TRAINING	HYROX	
19:00 - 19:50	CROSS TRAINING	HYROX	HYROX	WEIGHTLIFTING	HYROX	
20:00 - 20:40/20:50	H.I.I.T. ROW 	WEIGHTLIFTING	WEIGHTLIFTING	H.I.I.T. ROW 	WEIGHTLIFTING	

	Lun	Mar	Mer	Gio	Ven	Sab
10:00 - 10:50						GIOCO SPORT
11:15 - 12:05						CALISTHENICS
16:30 - 17:20			GIOCO SPORT			
17:00 - 17:50		CALISTHENICS		CALISTHENICS		
17:30 - 18:20	CALISTHENICS		CALISTHENICS			
18:15 - 18:45		TRX 		TRX 		
19:00 - 19:50	CALISTHENICS	PILATES FLOW	CALISTHENICS		CALISTHENICS	
20:00 - 20:50		M. DEFENCE SYSTEM		M. DEFENCE SYSTEM		

	Lun	Mar	Mer	Gio	Ven	Sab
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			

	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 						
9:15 - 10:05	ANTALGICA		ANTALGICA				
9:30 - 10:20		LES MILLS BODYBALANCE 		PILATES		VINYASA YOGA	
10:00 - 10:50					ALLENAMENTO FUNZIONALE		LES MILLS BODYPUMP 
10:30 - 11:20		ONEKOR NRG	TOTAL BODY	WALKING		LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 
11:00 - 11:50	ANTALGICA				ANTALGICA		
13:15 - 14:05	WALKING	TABATA	LES MILLS BODYPUMP 	FIT PILATES	WALKING	RUN SQUAT FUNCTIONAL	
17:00 - 17:50	GAG	LES MILLS BODYBALANCE 	LES MILLS BODYPUMP 	LES MILLS BODYPUMP 	LES MILLS BODYBALANCE 		
18:00 - 18:50	FIT-WALK	GAG	MOBILITY	ZUMBA	LES MILLS BODYPUMP 		
19:00 - 19:50	INTERVAL TRAINING	ALLENAMENTO FUNZIONALE	FUNCTIONAL CROSS	BUNGEFIT WALK	VINYASA YOGA		
20:00 - 20:50	VINYASA YOGA		PILATES	RUN CIRCUIT			

