

PLANNING HAPPYFITNESS 2024-2025

	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		
	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	
MATTINA	WALK & TONE 7:00 - 7:45 Mary			FLYBOARD 7:00 - 7:45 Mary/Annalisa	TOTAL BODY 7:00 - 7:45 Barbara					MORNING YOGA FLOW Eva 7:00 - 7:45			
	TOTAL BODY LIGHT 9:30 - 10:15 Mary	POSTURAL STRETCHING 9:30 - 10:15 Marco	WALK & TONE 9:15 - 10:00 Milena		GAG 9:30 - 10:15 Alessandro	PILATES BASE 9:30 - 10:15 Annalisa	SCULPT 9:30 - 10:15 Mary			FLYBOARD BASE 9:15 - 10:00 Milena	WALK & TONE 8:00 - 8:45 Team Hf		
	TOTAL BODY 10:30 - 11:15 Milena	FLYBOARD INTERMEDIO 10:30 - 11:15 Cristina	POSTURALE 10:30 - 11:15 Cristina	MOBILITY 10:30 - 11:15 Milena	PILATES INTERMEDIO 10:30 - 11:15 Cristina	GINNASTICA DOLCE 10:15 - 11:00 Mary		PANCAFIT GROUP 9:40 - 10:30 Paolo		FLEX ZONE 9:30 - 10:15 Mary		TRX CLASS 9:00 - 9:45 Marco	PILATES 9:45 - 10:30 Eva
								PANCAFIT GROUP 10:40 - 11:30 Paolo		STEP TONE 10:30 - 11:15 Milena		UPPER BODY 30' 10:00 - 10:30 Milena	PILATES 10:40 - 11:25 Eva
PRANZO	SUPERJUMP 12:45 - 13:30 Cristina		FUNCTIONAL TRAINING 12:45 - 13:30 Milena		TOTAL BODY 12:45 - 13:30 Eva		CARDIO TONE 12:45 - 13:30 Cristina			PILATES 12:45 - 13:30 Cristina		TRX CLASS 12:45 - 13:30 Marco	
										PILATES 13:45 - 14:30 Mary			
POMERIGGIO			SUPERJUMP 15:00 - 15:45 Mary				TRX CLASS 14:30 - 15:15 Marco						
			SUPERJUMP 6-11 16:30 - 17:15 Eva				POSTURALE 15:30 - 16:15 Paolo						
SERA	SUPERJUMP 3-5 16:30 - 17:15 Mary	POSTURALE 17:00 - 17:45 Debora	FOOTBIKE 18:00 - 19:00 Maria		BODY HARMONY 16:30 - 17:15 Barbara	PRIMI PASSI 3-5 16:25 - 17:10 Veronica		SUPERJUMP 6-11 16:45 - 17:45 Cristina			PILATES 17:00 - 17:45 Debora		
	CARDIO TONE 17:30 - 18:15 Eva	PILATES 17:50 - 18:35 Debora	GAG 17:30 - 18:15 Milena	FLYBOARD 17:30 - 18:15 Eva	WALK & TONE 17:30 - 18:15 Barbara	HIP HOP KIDS 6-7 17:10 - 18:10 Veronica	STEP DANCE 18:00 - 18:45 Milena	PANCAFIT GROUP YOUNG 17:00 - 17:45 Paolo	VINYASA YOGA 17:30 - 18:15 Annalisa		PILATES 17:50 - 18:35 Debora		
	ABS 18:30 - 19:15 Eva	PILATES 18:40 - 19:25 Debora	TABATA 18:30 - 19:15 Eva	PILATES 18:30 - 19:15 Alessandro	AERODANCE 18:30 - 19:15 Milena	HIP HOP JUNIOR 8-11 18:10 - 19:10 Veronica	GAB 19:10 - 19:55 Marta		SUPERJUMP T.B. 18:20 - 19:05 Barbara		PILATES 18:40 - 19:25 Debora		
	CARDIO SCULPT 19:30 - 20:15 Alessandra	FLEXIBILITY 19:35 - 20:20 Marta	FREE UP 19:30 - 20:15 Alessandro	NATURAL YOGA FLOW 19:30 - 20:15 Eva	MOBILITY 19:30 - 20:15 Milena	HIP HOP TEEN 11-14 19:10 - 20:10 Veronica	FLEXIBILITY 30' 20:00 - 20:30 Marta	PANCAFIT GROUP 18:30 - 19:15 Paolo	CIRCUIT TRAINING 19:15 - 20:00 Marco				
	TOTAL BODY WEIGHTS 20:30 - 21:15 Marta	PANCAFIT GROUP 20:30 - 21:15 Manuela	HEELS 12+ 20:30 - 21:30 Arianna	FLYBOARD 20:30 - 21:15 Alessandro	BOXE UP 20:25 - 21:10 Pasquale	URBAN 15+ 20:10 - 21:10 Veronica	HIIT 20:35 - 21:20 Marta	NATURAL YOGA FLOW 20:20 - 21:20 Eva	TRX CLASS 20:15 - 21:00 Marco				

FITNESS

OLISTICO

OUTDOOR

DIGITALE

KIDS/TEEN

● CORSO A BASSA INTENSITA'
ADATTO ANCHE A PRINCIPIANTI

● CORSO A MEDIA INTENSITA'

● CORSO AD ALTA INTENSITA'
NON ADATTO A PRINCIPIANTI