

# PLANNING HAPPYFITNESS 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 9:15 - 10:00 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 10:45 - 11:30 Cristina	GINNASTICA DOLCE 10:15 - 11:00 Mary	CARDIO SCULPT low 10:15 - 11:00 Cristina Tosetti	PANCAFIT GROUP 9:40 - 10:30 Paolo		FLEX ZONE 9:30 - 10:15 Mary	STEP TONE 10:30 - 11:15 Milena	TRX CLASS 9:00 - 9:45 Marco
PRANZO												
	SUPERJUMP 12:45 - 13:30 Cristina		FUNCTIONAL TRAINING 12:45 - 13:30 Milena		TOTAL BODY 12:45 - 13:30 Eva					PILATES 12:45 - 13:30 Cristina		
										PILATES 13:45 - 14:30 Mary		PILATES 10:40 - 11:25 Eva
POMERIGGIO												
	TOTAL BODY LIGHT 15:00 - 15:45 Mary		SUPERJUMP 15:00 - 15:45 Mary									
SERA	SUPERJUMP 3-5 16:30 - 17:15 Mary	POSTURALE 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	BODY HARMONY 16:30 - 17:15 Barbara	SUPERJUMP 6-11 16:45 - 17:45 Cristina			PILATES 17:00 - 17:45 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 KIDS 6-7 17:20 - 18:20 Veronica		STEP DANCE 18:00 - 18:45 Milena	POSTURALE 17:30 - 18:15 Paolo	VINYASA YOGA 17:30 - 18:15 Annalisa	PILATES 17:50 - 18:35 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 JUNIOR 8-11 18:20 - 19:20 Veronica		GAB 19:10 - 19:55 Marta	PANCAFIT GROUP 18:30 - 19:15 Paolo	SUPERJUMP T.B. 18:20 - 19:05 Barbara	PILATES 18:40 - 19:25 Debora	
	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	HIP HOP TEEN 11-14 19:20 - 20:20 Veronica		FLEXIBILITY 30' 20:00 - 20:30 Marta	STRETCHING 19:30 - 20:15 Paolo	CIRCUIT TRAINING 19:15 - 20:00 Marco		
							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