

PLANNING HAPPYFITNESS 2026

		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 & TRX 7:00 - 7:45 Marco/Mary ●			FLYBOARD 7:00 - 7:45 Mary/Annalisa ●	TOTAL BODY 7:00 - 7:45 Barbara ●					MORNING YOGA FLOW Eva 7:00 - 7:45 ●		
						WALK & T. LIGHT 8:30 - 9:15 Annalisa ●					LINFODRENAGE 9:15 - 10:00 Elena ●	WALK & TONE 8:00 - 8:45 Team Hf ●	
		TOTAL B. LIGHT 9:30 - 10:15 Mary ●	POSTURAL STRETCHING 9:15 - 10:00 Marco ●	WALK & TONE 9:15 - 10:00 Cristina ●	FLYBOARD BASE 9:45 - 10:30 Milena ●	GAG 9:30 - 10:15 Cristina ●	PILATES BASE 9:30 - 10:15 Annalisa ●	SCULPT 9:15 - 10:00 Mary ●		PANCAFIT GROUP 9:40 - 10:30 Elena ●	FLEX ZONE 9:30 - 10:15 Mary ●		TRX CLASS 9:00 - 9:45 Marco ●
	TOTAL BODY 10:30 - 11:15 Alessia ●	FLYBOARD INTERMEDIO 10:30 - 11:15 Cristina ●	POSTURALE 10:30 - 11:15 Cristina ●	MOBILITY 10:45 - 11:30 Milena ●	PILATES INTERMEDIO 10:45 - 11:30 Cristina ●	GINNASTICA DOLCE 10:30 - 11:15 Mary ●	CARDIO SCULPT low 10:15 - 11:00 Cristina Tosetti ●		PANCAFIT GROUP 10:40 - 11:30 Elena ●	GAB 10:30 - 11:15 Alessia ●		UPPER BODY 10:00 - 10:30 Milena ●	PILATES 9:55 - 10:40 Mery ●
												TOTAL BODY 10:40 - 11:25 Milena ●	GAG 10:50 - 11:30 Eva Dulli/Alessia ●
												AERODANCE 11:35 - 12:20 Milena/Eva Dulli ●	
PRANZO		SUPERJUMP 12:45 - 13:30 Cristina ●		FUNCTIONAL TRAINING 12:45 - 13:30 Milena ●		BODY WEIGHT 12:45 - 13:30 Eva ●		CARDIO TONE 12:45 - 13:30 Cristina ●			PILATES 12:45 - 13:30 Cristina ●		
											PILATES 13:45 - 14:30 Mary ●		
POMERIGGIO		TOTAL B. LIGHT 15:00 - 15:45 Mary ●		SUPERJUMP 14:45 - 15:30 Mary ●				TRX CLASS 14:30 - 15:15 Marco ●					
			HIP HOP TEEN 11-14 15:45 - 16:45 Veronica		MOBILITY 15:30 - 16:15 Milena ●	CIRCUIT TRAINING 15:00 - 15:45 Eva ●			PILATES 15:30 - 16:15 Elena ●				
		PILATES 16:40 - 17:25 Eva ●	HIP HOP JUNIOR 8-11 16:45 - 17:45 Veronica	SUPERJUMP 3-5 16:30 - 17:15 Mary ●		BODY HARMONY 16:30 - 17:15 Barbara ●	PRIMI PASSI 3-5 16:35 - 17:20 Veronica	SUPERJUMP 6-11 16:45 - 17:45 Cristina		POSTURALE 17:30 - 18:15 Elena ●	SUPERJUMP 3-5 16:00 - 16:45 Matteo ●	PILATES 16:30 - 17:15 Annalisa ●	
	CARDIO TONE 17:35 - 18:20 Eva ●	PILATES BASE 17:45 - 18:30 Veronica ●	GAG 17:30 - 18:15 Milena ●	FLYBOARD 17:30 - 18:15 Eva ●	WALK & TONE 17:30 - 18:15 Barbara ●	PILATES 17:30 - 18:15 Veronica ●		GAB 18:00 - 18:45 Alessia ●		PANCAFIT GROUP 17:30 - 18:15 Elena ●	PILATES 17:25 - 18:10 Mary ●	YOGA 17:25 - 18:10 Annalisa ●	
	UPPER BODY 18:30 - 19:15 Marta ●	PILATES INTERMEDIO 18:40 - 19:25 Cristina ●	TABATA 18:30 - 19:15 Eva ●	MOBILITY 18:30 - 19:15 Milena ●	WALK & TRX 18:25 - 19:10 Marco ●	HIP HOP JUNIOR 8-11 18:20 - 19:20 Veronica		TOTAL BODY 19:00 - 19:45 Marta ●		PANCAFIT GROUP 18:30 - 19:15 Elena ●	FUNCTIONAL TRAINING 18:20 - 19:05 Annalisa ●	POSTURAL STRETCHING 18:20 - 19:05 Marco ●	
SERA		CARDIO SCULPT 19:30 - 20:15 Alessandra ●	FLEXIBILITY 19:35 - 20:20 Marta ●	STEP DANCE 19:30 - 20:15 Milena ●	ANIMAL FLOW 19:30 - 20:15 Eva ●	PRE-SCIISTICA 19:20 - 20:05 Marco ●	HIP HOP TEEN 11-14 19:20 - 20:20 Veronica		ANIMAL FLOW 19:55 - 20:40 Marta ●		PILATES 19:30 - 20:15 Samantha ●	CIRCUIT TRAINING 19:15 - 20:00 Marco ●	PILATES 19:15 - 20:00 Annalisa ●
		TOTAL BODY WEIGHTS 20:30 - 21:15 Marta ●	PANCAFIT GROUP 20:30 - 21:15 Manuela ●	TRX CLASS 20:30 - 21:15 Marco ●	NATURAL YOGA FLOW 20:20 - 21:20 Eva ●	BOXE UP 20:15 - 21:00 Lucia ●	URBAN 15+ 20:20 - 21:20 Veronica		HIIT 20:45 - 21:30 Marta ●		FLYBOARD 20:30 - 21:15 Samantha ●	TRX CLASS 20:15 - 21:00 Marco ●	
							HEELS 12+ 21:30 - 22:30 Arianna						

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