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						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	PILATES BASE 9:30 - 10:15 Cristina	TRX CLASS 9:00 - 9:45 Marco	PILATES 9:00 - 9:45 Mery
	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	POSTURAL STRETCHING 10:30 - 11:15 Marco/Mary	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		TOTAL BODY 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		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	POSTURALE 17:30 - 18:15 Elena	PILATES 17:25 - 18:10 Mary	YOGA 17:25 - 18:10 Annalisa		
SERA	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		
	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	AVVIAMENTO AL PODISMO 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