

Stagione 25/26

# PLANNING

*fitness*

Attività Invernale



**PISCINA GROPALLO**

Acqua. Sport. Benessere.

## LUNEDÌ

9:15-10:00  
PILATES

10:00-10:45  
GAG

10:45-11:30  
PILATES

16.45-17:30  
MOBILITY

17.30-18:15  
TABATA

18:15-19:00  
GAG

18:45-19:45  
FUNCTIONAL  
TRAINING

## MARTEDÌ

9:15-10:00  
GAG

10:00-10:45  
POSTURALE

13:00-13:45  
BARRE ATTACK

13:45-14:30  
MOBILITY

17:15-18:00  
POSTURALE

18:00-18:45  
TRX

## MERCOLEDÌ

10:00-10:45  
GAG

10:45-11:30  
PILATES

13:00-13:45  
GAG

13:45-14:30  
YOGA-PILATES

16:45-17:30  
MOBILITY

16:45-17:30  
POSTURALE

17:30-18:15  
GAG

18:15-19:30  
YOGA INTEGRALE

18:45-19:45  
FUNCTIONAL  
TRAINING

## GIOVEDÌ

13:00-13:45  
GAG

13:45-14:30  
YOGA-PILATES

16:45-17:30  
MOBILITY

17:30-18:15  
GAG

18:15-19:00  
BAILANDO

## VENERDÌ

10:00-10:45  
BARRE ATTACK

10:45-11:30  
MOBILITY

17:15-18:00  
POSTURALE

18:00-18:45  
TRX

18:45-19:45  
FUNCTIONAL  
TRAINING

## SABATO

10:00-10:45  
FANTASY STRONG

10:45-11:30  
FANTASY SOFT

SOFT

MEDIUM

STRONG

VERY STRONG

