PLANNING CORSI 2026–27

CONSELVE

MATTINA E PAUSA PRANZO

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
ORA	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
05:45												
06:00												
06:15												
06:30						YOGA 06:30						
06:45	FUNZIONALE 06:40				FUNZIONALE 06:40							
07:00												
07:15												
07:30												
07:45												
08:00		DANZA FIT 08:00						DANZA FIT 08:00				
08:15												
08:30												
08:45	FUNZIONALE 08:30				FUNZIONALE 08:30							
09:00		GINN. DOLCE 09:00	PILATES PELVICO 09:00				GINN. DOLCE 09:00		PILATES MATWORK 09:00			
09:15												
09:30												
09:45												
10:00		CIRCUIT TRAINING 10:00					CIRCUIT TRAINING 10:00					
10:15			PILATES MATWORK 10:15						PILATES MATWORK 10:15			
10:30												
10:45												
11:00												
11:15		MAMMACTIVE 11:15					MAMMACTIVE 11:15					
11:30												
11:45												
12:00												
12:15												
12:30												
12:45												
13:00												
13:15	FUNZIONALE 13:00		PILATES MATWORK 13:00	CIRCUIT TRAINING 13:00	FUNZIONALE 13:00		CIRCUIT TRAINING 13:00	YOGA SCULPT 13:15	FUNZIONALE 13:00	PILATES MATWORK 13:00		
13:30												
13:45												
14:00												

14:15												
14:30												
14:45												
15:00												
15:15												
15:30												
15:45												

POMERIGGIO E SERA

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
ORA	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
16:00												
16:15		DANZA PROPEDEUTICA 16:15				DANZA PROPEDEUTICA 16:15						
16:30			PILATES MATWORK 16:30		KICK U9 16:30			DANZA CONTEMPORANEA 16:30	KICK U9 16:30	PILATES MATWORK 16:30		
16:45												
17:00	KICK U15 17:00	DANZA CONTEMPORANEA 17:00				DANZA CONTEMPORANEA 17:00	KICK S&C 17:15					
17:15												
17:30			PILATES MATWORK 17:30	BREAKING 17:30	KICK U15 17:30			DANZA CONTEMPORANEA 17:30	KICK U15 17:30	PILATES MATWORK 17:30		
17:45												
18:00												
18:15												
18:30	PUGILATO 18:15		PILATES MATWORK 18:30				PUGILATO 18:15			PILATES MATWORK 18:30		
18:45												
19:00		INDOOR CYCLING 18:45		TOTAL BODY 19:00	KICK AGONISTI 19:00	INDOOR CYCLING 18:45		TOTAL BODY 19:00	KICK AGONISTI 19:00			
19:15												
19:30			HYBRID TRAINING 19:30				HYBRID TRAINING 19:30					
19:45												
20:00	KICK AGONISTI 19:30	INDOOR CYCLING 19:45		FIT BOXE 20:00	KICK OPEN 20:00	INDOOR CYCLING 19:45		FIT BOXE 20:00	KICK OPEN 20:00			
20:15												
20:30												
20:45			HYBRID TRAINING 20:30				HYBRID TRAINING 20:30					
21:00												
21:15	FUNZ. CICLISTI 21:00	BACHATA 21:00		SALSA 21:00		FUNZ. CICLISTI 21:00						
21:30												
21:45												
22:00												
22:15		SALSA 22:00		SALSA 22:00								
22:30												
22:45												