

FITNESS

PLANNING Estate 2025

LUNEDÌ

8:30	ABS + G&G	LH F90
9:00	PILLOLA	LH F90
9:30	TABATA TONO	LH F90
10:00	UPPERBODY	LH F90
10:30	BODYMIND	LH F90

12:30	TONO	LH F90
13:00	GAMBE&GLUTEI	LH F90
13:30	FIT&DANCE	LH F90
14:00	PILLOLA	LH F90

16:00	ABS + UPPER	LH F90
16:30	BODYMIND	LH F90
17:00	TABATA GAMBE&GLUTEI	LH F90
17:30	FIT&DANCE	LH F90
18:00	ABS ADDOMINALI	LH F90
18:30	360 FIT	LH F90
19:00	TONO	LH F90
19:30	GAMBE&GLUTEI	LH F90

MARTEDÌ

8:30	UPPER + HIIT	LH F90
9:00	BODYMIND	LH F90
9:30	GAMBE&GLUTEI	LH F90
10:00	PILLOLA	LH F90
10:30	360 FIT	LH F90

12:30	UPPERBODY	LH F90
13:00	BODYMIND	LH F90
13:30	GAG + ABS	LH F90
14:00	TABATA TONO	LH F90

16:00	HIIT + G&G	LH F90
16:30	PILLOLA	LH F90
17:00	ABS ADDOMINALI	LH F90
17:30	TABATA UPPERBODY	LH F90
18:00	HIIT + ABS	LH F90
18:30	GAMBE&GLUTEI	LH F90
19:00	360 FIT	LH F90
19:30	BODYMIND	LH F90

MERCOLEDÌ

8:30	G&G + ABS	LH F90
9:00	TONO	LH F90
9:30	UPPERBODY	LH F90
10:00	ABS ADDOMINALI	LH F90
10:30	TABATA GAMBE&GLUTEI	LH F90

12:30	GAMBE&GLUTEI	LH F90
13:00	360FIT	LH F90
13:30	BODYMIND	LH F90
14:00	UPPERBODY	LH F90

16:00	HIIT + UPPER	LH F90
16:30	FIT&DANCE	LH F90
17:00	TONO	LH F90
17:30	BODYMIND	LH F90
18:00	GAMBE&GLUTEI	LH F90
18:30	TABATA TONO + ABS	LH F90
19:00	PILLOLA	LH F90
19:30	UPPERBODY	LH F90

GIOVEDÌ

8:30	HIIT + G&G	LH F90
9:00	UPPERBODY	LH F90
9:30	TONO	LH F90
10:00	BODYMIND	LH F90
10:30	PILLOLA	LH F90

12:30	HIIT + ABS	LH F90
13:00	UPPERBODY	LH F90
13:30	TONO	LH F90
14:00	360 FIT	LH F90

16:00	G&G + ABS	LH F90
16:30	TONO	LH F90
17:00	UPPERBODY	LH F90
17:30	360FIT	LH F90
18:00	BODYMIND	LH F90
18:30	TONO	LH F90
19:00	ABS ADDOMINALI	LH F90
19:30	PILLOLA	LH F90

VENERDÌ

8:30	TABATA TONO + UPPER	LH F90
9:00	GAMBE&GLUTEI	LH F90
9:30	BODYMIND	LH F90
10:00	360 FIT	LH F90
10:30	UPPERBODY	LH F90

12:30	TABATA TONO	LH F90
13:00	FIT&DANCE	LH F90
13:30	PILLOLA	LH F90
14:00	BODYMIND	LH F90

16:00	TABATA TONO + ABS	LH F90
16:30	UPPERBODY	LH F90
17:00	BODYMIND	LH F90
17:30	GAMBE&GLUTEI	LH F90
18:00	TABATA TONO	LH F90
18:30	UPPERBODY	LH F90
19:00	FIT&DANCE	LH F90
19:30	HIIT + ABS	LH F90

SABATO

10:00	TONO	LH F90
10:30	GAMBE&GLUTEI	LH F90
11:00	UPPERBODY	LH F90
11:30	PILLOLA	LH F90



PALAGYM
sport e vita
ASSAROTTI



LIVE HOME FITNESS
Lezioni Online



FAST CLASSES
2 Lezioni da 15 minuti