

PLANNING Estate 2025

LUNEDÌ

7:00 /11:00	ONDEMAND
11:00	PUMP 45'
11:45	GAG 45'
12:30	CIRCUIT TRAINING 30'
13:00	PUMP 45'
13:45 /14:30	ONDEMAND
14:30	TOTAL TONE 45'
15:15	KOMBAT 45'
16:00 /17:15	ONDEMAND
17:15	CIRCUIT TRAINING 15'
17:30	TOTAL TONE 45'
18:15	GAG 45'
19:00 /21:45	ONDEMAND

MARTEDÌ

7:00 /10:45	ONDEMAND
10:45	CIRCUIT TRAINING 15'
11:00	GAG 45'
11:45	PUMP 45'
12:30	ONDEMAND
13:00	TOTAL TONE 45'
13:45 /14:30	ONDEMAND
14:30	GAG 45'
15:15	BODYMIND PILATES 45'
16:00 /17:30	ONDEMAND
17:30	BODYMIND PILATES 45'
18:15	TOTAL TONE 45'
19:00	CIRCUIT TRAINING 15'
19:15 /21:45	ONDEMAND

MERCOLEDÌ

7:00 /11:00	ONDEMAND
11:00	TOTAL TONE 45'
11:45	BODYMIND PILATES 45'
12:30	CIRCUIT TRAINING 30'
13:00	KOMBAT 45'
13:45 /14:30	ONDEMAND
14:30	PUMP 45'
15:15	GAG 45'
16:00 /17:15	ONDEMAND
17:15	CIRCUIT TRAINING 15'
17:30	PUMP 45'
18:15	KOMBAT 45'
19:00 /21:45	ONDEMAND

GIOVEDÌ

7:00 /11:00	ONDEMAND
11:00	KOMBAT 45'
11:45	PUMP 45'
12:30	ONDEMAND
13:00	AEROBICA 45'
13:45 /14:30	ONDEMAND
14:30	BODYMIND PILATES 45'
15:15	TOTAL TONE 45'
16:00 /17:30	ONDEMAND
17:30	GAG 45'
18:15	PUMP 45'
19:00	CIRCUIT TRAINING 15'
19:15 /21:45	ONDEMAND

VENERDÌ

7:00 /10:45	ONDEMAND
10:45	CIRCUIT TRAINING 15'
11:00	GAG 45'
11:45	TOTAL TONE 45'
12:30	ONDEMAND
13:00	PUMP 45'
13:45 /14:30	ONDEMAND
14:30	GAG 45'
15:15	PUMP 45'
16:00 /17:30	ONDEMAND
17:30	KOMBAT 45'
18:15	BODYMIND PILATES 45'
19:00 /21:45	ONDEMAND

SABATO

9:00 /10:30	ONDEMAND
10:30	BODYMIND PILATES 45'
11:15	ONDEMAND
12:00	GAG 45'
12:45 /14:00	ONDEMAND

