

CASAL MONASTERO

Planning valido dal: **15 NOVEMBRE**

| LUNEDI | MARTEDI | MERCOLEDI | GIOVEDI | VENERDI | SABATO |
|--|--|--|--|--|--|
| 7.30-8.20 MorningWorkout <i>Studio 1</i> | 9.00-9.50 Pancafit <i>Studio 4</i> | 9.00-10.00 Vinyasa Yoga <i>Studio 2</i> | 9.00-9.50 Pancafit <i>Studio 4</i> | 7.30-8.20 MorningWorkout <i>Studio 1</i> | 10.00-10.50 Pilates <i>Studio 1</i> |
| 9.00-9.50 Pilates <i>Studio 2</i> | 9.00-9.50 Mezieres <i>Studio 2</i> | 9.30-10.30 Indoor cycling <i>Studio 5</i> | 10.00-10.50 Posturale <i>Studio 2</i> | 9.00-9.50 Pilates <i>Studio 2</i> | 11.00-11.50 Energy Saturday <i>Studio 1</i> |
| 9.30-10.20 Acqua Gym <i>Vasca piccola</i> | 10.00-10.50 Posturale <i>Studio 2</i> | 9.30-10.30 Idrobike <i>Vasca piccola</i> | 10.30-11.20 Acqua Gym <i>Vasca grande</i> | 9.30-10.20 Acqua Gag <i>Vasca piccola</i> | 10.30-11.30 Power Yoga <i>Studio 2</i> |
| 10.00-10.45 Pancafit <i>Studio 4</i> | 10.30-11.20 Acqua Gym <i>Vasca grande</i> | 10.30-11.20 Body Pump <i>Studio 1</i> | 11.00-11.50 Suspension Training <i>Studio 2</i> | 10.00-10.45 Pancafit <i>Studio 4</i> | 11.15-12.15 Indoor cycling <i>Studio 5</i> |
| 10.30-11.20 Acqua Gag <i>Vasca grande</i> | 11.00-11.50 Cross Training <i>Studio 1</i> | 10.30-11.20 Acqua Gym <i>Vasca grande</i> | 11.20-12.10 Acqua Tabata <i>Vasca piccola</i> | 10.30-11.20 Acqua Gym <i>Vasca grande</i> | 11.15-12.05 Acqua Gag <i>Vasca piccola</i> |
| 10.30-11.20 Total Body <i>Studio 1</i> | 11.20-12.10 Acqua Tabata <i>Vasca piccola</i> | 13.15-14.05 Pilates <i>Studio 1</i> | 12.00-12.20 Abdominal <i>Sala pesi</i> | 10.30-11.20 Pound <i>Studio 1</i> | 12.15-13.05 Acqua Gym <i>Vasca piccola</i> |
| 12.30-12.50 Abdominal <i>Sala pesi</i> | 12.00-12.20 Abdominal <i>Sala pesi</i> | 16.00-16.30 Padel Athletic <i>Sala pesi</i> | 13.15-14.05 Funzionale <i>Studio 1</i> | 12.30.12.50 Abdominal <i>Sala pesi</i> | DOMENICA 10.00-10.50 |
| 13.15-14.05 Total Body <i>Studio 1</i> | 13.15-14.05 Funzionale <i>Studio 1</i> | 17.00-17.50 Body Pump <i>Studio 1</i> | 17.00-17.20 Mobility <i>Sala pesi</i> | 13.15-14.05 Total Body <i>Studio 1</i> | 11.00-11.50 Acqua Gym <i>Vasca grande</i> |
| 16.00-16.30 Allenamento al femminile <i>Sala pesi</i> | 17.00-17.50 Total Body <i>Studio 1</i> | 17.30-18.20 Mezieres <i>Studio 2</i> | 17.00-17.50 Super Gag <i>Studio 1</i> | 16.00-16.30 Allenamento al femminile <i>Sala pesi</i> | 11.00-11.50 Easy Sunday <i>Studio 1</i> |
| 17.00-17.50 Body Pump <i>Studio 1</i> | 17.00-17.20 Mobility <i>Sala pesi</i> | 18.00-19.00 Indoor cycling <i>Studio 5</i> | 18.00-19.00 Indoor cycling <i>Studio 5</i> | 17.00-17.50 Total Body <i>Studio 1</i> | |
| 17.30-18.20 Posturale <i>Studio 2</i> | 18.00-19.00 Indoor cycling <i>Studio 5</i> | 18.15.19.05 Zumba <i>Studio 1</i> | 18.20-19.10 Pilates <i>Studio 2</i> | 18.00-18.50 Pilates <i>Studio 1</i> | |
| 18.15-19.05 Tabata <i>Studio 1</i> | 18.20-19.10 Pilates <i>Studio 2</i> | 18.30-19.20 Suspension Training <i>Studio 2</i> | 18.30.19.20 Cross Easyfit <i>Studio 1</i> | 18.15-19.05 Pound <i>Studio 2</i> | |
| 18.30-19.20 Walking <i>Studio 5</i> | 18.30.19.20 Cross Easyfit <i>Studio 1</i> | 18.30-19.15 Pancafit <i>Studio 4</i> | 19.00-19.50 Acqua Gym <i>Vasca piccola</i> | 19.00-19.50 Acqua Gym <i>Vasca piccola</i> | |
| 18.30-19.15 Pancafit <i>Studio 4</i> | 19.00-19.50 Acqua Gym <i>Vasca piccola</i> | 19.00-20.00 Idrobike <i>Vasca piccola</i> | 19.15-20.00 Pancafit <i>Studio 4</i> | 19.15-20.05 Interval Training <i>Studio 1</i> | |
| 19.15-20.05 Suspension Training <i>Studio 2</i> | 19.15-20.00 Pancafit <i>Studio 4</i> | 19.15-20.05 Step and Tone <i>Studio 1</i> | 19.30-20.20 Body pump <i>Studio 1</i> | 20.00-20.50 Acqua Circuit <i>Vasca piccola</i> | |
| 19.00-19.50 Acqua Tabata <i>Vasca piccola</i> | 19.30-20.20 Super Gag <i>Studio 1</i> | 19.20-20.10 Walking <i>Studio 5</i> | 19.30-20.20 Walking <i>Studio 5</i> | | |
| 19.15-20.05 Step and Tone <i>Studio 1</i> | 19.30-20.20 Walking <i>Studio 5</i> | 20.00-20.50 Acqua Gym <i>Vasca piccola</i> | 19.50-20.50 Idrobike <i>Vasca piccola</i> | | |
| 19.45-20.45 Indoor cycling <i>Studio 5</i> | 19.50-20.50 Idrobike <i>Vasca piccola</i> | 20.15-21.05 Funzionale <i>Studio 1</i> | 20.00-21.00 Power Yoga <i>studio 2</i> | | |
| 19.50-20.40 Acqua Gym <i>Vasca piccola</i> | 20.00-21.00 Vinyasa Yoga <i>studio 2</i> | | 20.30-21.30 Prepugilistica <i>studio 1</i> | | |
| 20.15-21.05 Funzionale <i>Studio 1</i> | 20.30-21.30 Prepugilistica <i>studio 1</i> | | | | |

