

### 3FIT CLUB - PLANNING CORSI - STAGIONE 2025-26

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	DOMENICA
	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA CONSCIOUS	SALA ENERGY	SALA ENERGY
CORSI DEL MATTINO	7.10-8.00 SPINNING Massimo <small>CORSO A PAGAMENTO</small>							7.30-8.30 POWER YOGA Simone				
	9.30-10.00 GAMBE & GLUTEI Eliana		9.30-10.15 MATWORK PILATES Cesare						9.30-10.00 ADDOMINALI Matteo			
	10.00-10.30 UPPER BODY Eliana		10.15-11.00 POSTURAL PILATES Cesare		9.30-10.00 ADDOMINALI Anna	10.00-10.30 STRETCHING Cristina	9.45-10.15 STRETCHING Daniela		10.00-11.00 TOTAL BODY WORKOUT Matteo	9.45-10.30 POSTURAL PILATES Eliana		
	10.30-11.00 ADDOMINALI Eliana				10.00-11.00 TOTAL BODY WORKOUT Anna	10.30-11.15 MATWORK PILATES Cristina	10.15-11.00 POSTURAL PILATES Daniela			10.30-11.15 MATWORK PILATES Eliana	10.30-11.00 ADDOMINALI a rotazione	10.45-11.30 MATWORK PILATES a rotazione
	11.00-11.30 STRETCHING eliana			11.05-11.50 REFORMER PILATES Cesare		11.20-12.05 PANCAFIT Cristina		11.05-11.50 REFORMER PILATES Daniela		11.20-11.50 PANCAFIT Eliana	11.00-12.00 TOTAL BODY WORKOUT a rotazione	11.30-12.30 JOLLY CLASS a rotazione
CORSI DEL PRANZO	13.00-13.55 BODY PUMP Eliana		13.10-14.00 SPINNING Alessio <small>CORSO A PAGAMENTO</small>		13.00-13.30 GAMBE & GLUTEI Monica		13.05-14.00 TOTAL BODY WORKOUT Alberto		13.00-13.55 INTERVAL TRAINING Anna		12.00-13.00 JOLLY CLASS a rotazione	12.30-13.00 ADDOMINALI a rotazione
					13.30-14.00 UPPER BODY Monica							
CORSI DEL POMERIGGIO											14.00-15.00 SPINNING Monica <small>CORSO A PAGAMENTO</small>	
			16.05-17.00 TOTAL BODY WORKOUT Alberto		15.30-16.30 ZUMBA Eliana				15.30-16.30 ZUMBA Eliana			
CORSI DELLA SERA											TONIFICAZIONE	
	18.15-19.00 BODY ATTACK Annalisa	18.10-18.55 REFORMER PILATES Pasquale	18.20-18.50 GAMBE & GLUTEI Federica	18.10-18.55 REFORMER PILATES Emanuela	18.15-19.00 BODY PUMP Matteo	18.10-18.55 MATWORK PILATES MariaRosa	18.20-19.05 TOTAL BODY WORKOUT Alex	18.10-18.55 REFORMER PILATES Pamela	18.10-18.40 TRX CIRCUIT Fabrizio	18.00-18.45 MATWORK PILATES Cesare	CONSCIOUS	
	19.05-19.35 TRX CIRCUIT Annalisa	19.00-19.45 POSTURAL PILATES Pasquale	18.50-19.35 BODY PUMP Federica	19.00-19.45 REFORMER PILATES Emanuela	19.05-19.50 BODY ATTACK Matteo	19.00-19.45 POSTURAL PILATES MariaRosa	19.10-19.40 ADDOMINALI Alex	19.00-19.45 CIRCUIT PILATES Pamela	18.45-19.30 BODY ATTACK Fabrizio	18.50-19.35 REFORMER PILATES Cesare	CARDIOVASCOLARI	
	19.40-20.25 BODY PUMP Annalisa	19.50-20.35 POSTURAL PILATES Pasquale	19.40-20.25 TOTAL BODY WORKOUT Federica	19.50-20.35 CIRCUIT PILATES Emanuela	20.00-20.30 ADDOMINALI Matteo	19.50-20.35 REFORMER PILATES MariaRosa	19.40-20.25 FITBOXE Alex	19.50-20.35 MATWORK PILATES Pamela	19.35-20.20 BODY PUMP Fabrizio	19.40-20.25 REFORMER PILATES Cesare	CORSO A PAGAMENTO	
	20.30-21.15 FITBOXE Annalisa	20.40-21.40 VINYASA YOGA Atena	20.30-21.00 ADDOMINALI Federica	20.40-21.40 HATHA YOGA Clelia	20.30-21.15 TRX CIRCUIT Matteo	20.40-21.25 REFORMER PILATES MariaRosa	20.30-21.15 BODY PUMP Alex	20.40-21.40 POWER YOGA Florentina	20.30-21.20 SPINNING Alessio <small>CORSO A PAGAMENTO</small>	20.30-21.30 HATHA YOGA Atena		