

PLANNING STUDENT dal 1 maggio 2025

LUNEDI		
8:15	FLOWIN 30 min	FUNCTIONAL
8:30	HIST Valentina V.	OUTDOOR
9:00	GLUTEI ADDOME Gianmarco	OUTDOOR
9:30	PILATES Silvio	AREA KOMBAT
9:30	CRAB Valentina V.	OUTDOOR
10:30	STRETCHING 30 min Silvio	AREA KOMBAT
10:45	TOTAL BODY Martina	OUTDOOR
11:15	POSTURALE Silvio	AREA KOMBAT

MARTEDI		
08.15	G.A.G Daniela	FUNCTIONAL
8:00	GROUP CYCLING Fabio	SALA LUNA
9:00	GROUP CYCLING Fabio	SALA LUNA
10.15	YOGA Giulia	AREA KOMBAT
10:45	TOTAL BODY Martina	OUTDOOR
11.45	PILATES Martina	AREA KOMBAT

MERCOLEDI		
8:15	GLUTEI ADDOME Gianmarco	FUNCTIONAL
8:30	RED Valentina V.	OUTDOOR
9:00	CIRCUIT TRAINING Gianmarco	OUTDOOR
9:30	PILATES Silvio	AREA KOMBAT
9:30	FUSION Valentina V.	OUTDOOR
10:30	STRETCHING 30 min Silvio	AREA KOMBAT
10:45	G.A.G Martina	OUTDOOR
11:15	POSTURALE Silvio	AREA KOMBAT

GIOVEDI		
08.15	G.A.G Daniela	FUNCTIONAL
8:00	GROUP CYCLING Fabio	SALA LUNA
9:00	GROUP CYCLING Fabio	SALA LUNA
10.15	YOGA Giulia	AREA KOMBAT
10:45	TOTAL BODY Martina	OUTDOOR
11.45	PILATES Martina	AREA KOMBAT

VENERDI		
8:15	FLOWIN 30 min	FUNCTIONAL
8:30	FUSION Valentina V.	OUTDOOR
9:00	GLUTEI ADDOME Gianmarco	OUTDOOR
9:30	PILATES Silvio	AREA KOMBAT
9:30	RED Valentina V.	OUTDOOR
10:30	STRETCHING 30 min Silvio	AREA KOMBAT
10:45	STEP&TONE Martina	OUTDOOR
11:15	POSTURALE Silvio	AREA KOMBAT

SABATO		
9:00	GROUP CYCLING Andrea N	SALA LUNA
9:00	SUPERFUNCTIONAL 90 MINUTI	OUTDOOR
10:00	GROUP CYCLING Andrea N	SALA LUNA
10:30	CIRCUIT TRAINING	FUNCTIONAL
10:30	POSTURAL PILATES Silvio	SALA SOLE
11:00	CALISTHENICS 90 min Gabriele	OUTDOOR

16.00	YOGA Giulia	SALA SOLE
-------	-------------	-----------

12:45	H.I.I.T 30 min Francesco	OUTDOOR
13:30	CROSSTRAIN Cesare	OUTDOOR
13:30	SHOULDER STRENGTH 30 min Francesco	OUTDOOR

13:00	GLUTEI E ADDOME Aurora	OUTDOOR
-------	---------------------------	---------

12:45	CORE TRAINING 30 min Francesco	OUTDOOR
13:30	CROSSTRAIN Cesare	OUTDOOR
13:30	H.I.I.T 30 min Francesco	OUTDOOR

13:00	GLUTEI E ADDOME Aurora	OUTDOOR
-------	---------------------------	---------

12:45	H.I.I.T 30 min Francesco	OUTDOOR
13:30	CROSSTRAIN Cesare	OUTDOOR
13:30	LEG STRENGHT 30 min Francesco	OUTDOOR

01-mag		
10.30	CIRCUIT TRAINING Aurora	OUTDOOR

DOMENICHE		
04-mag		
10.30	CIRCUIT TRAINING Aurora	FUNCTIONAL

11-mag		
10.30	YOGA Giulia	SALA SOLE

18-mag		
10.30	CIRCUIT TRAINING Aurora	FUNCTIONAL

25-mag		
10.30	GROUP CYCLING Andrea N	SALA LUNA

ORARI RECEPTION

DAL LUNEDI' AL VENERDI' : 7,00 - 21,30
SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI PADEL

DAL LUNEDI' AL VENERDI' : 8,30 - 21,30
SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI TENNIS

DAL LUNEDI' AL VENERDI' : 8,30 - 21,30
SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI SALA PESI :

DAL LUNEDI' AL VENERDI' : 7,00 - 22,00
SABATO : 8,00 - 19,30
DOMENICA E FESTIVI: 8,00 - 14,00

17:00	POSTURALE Daniela	SALA SOLE
17:30	G.A.G Valentina P.	OUTDOOR
18:00	CROSSTRAIN Cesare	OUTDOOR
18:00	GROUP CYCLING Andrea N	SALA LUNA
18:00	PILATES Daniela	SALA SOLE
18:15	FUNCTIONAL STRENGTH Francesco	OUTDOOR
18:30	TOTAL BODY Valentina P.	OUTDOOR
19:00	CROSSTRAIN Cesare	OUTDOOR
19:00	YOGA Giulia	SALA SOLE
19:15	GROUP CYCLING Andrea N	SALA LUNA
19:30	STEP&TONE Simona	OUTDOOR
19:30	CIRCUIT TRAINING Francesco	OUTDOOR

17:30	CALISTHENICS 90 min Gabriele	FUNCTIONAL
17:30	RED Valentina V.	OUTDOOR
18:00	CIRCUIT TRAINING Gianmarco	OUTDOOR
18:20	POSTURAL PILATES 45 MIN Silvio	SALA SOLE
18:30	HIST Valentina V.	OUTDOOR
18:30	CROSSTRAIN Andrea B.	OUTDOOR
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:00	CORE TRAINING 30 min Aurora	OUTDOOR
19:10	POSTURAL PILATES 45 MIN Silvio	SALA SOLE
19:30	PUMP Morena	OUTDOOR
19:30	CROSSTRAIN Andrea B.	OUTDOOR
19:45	FUNCTIONAL BODY WEIGHT Edoardo	FUNCTIONAL

17:00	POSTURALE Daniela	SALA SOLE
17:30	STEP&TONE Valentina P.	OUTDOOR
18:00	CROSSTRAIN Cesare	OUTDOOR
18:00	GROUP CYCLING Andrea N	SALA LUNA
18:00	PILATES Daniela	SALA SOLE
18:15	CIRCUIT TRAINING Francesco	OUTDOOR
18:30	G.A.G Valentini P.	OUTDOOR
19:00	CROSSTRAIN Cesare	OUTDOOR
19:00	YOGA Giulia	SALA SOLE
19:15	GROUP CYCLING Andrea N	SALA LUNA
19:30	TOTAL BODY Simona	OUTDOOR
19:30	FUNCTIONAL STRENGTH Francesco	OUTDOOR

17:30	CALISTHENICS 90 min Gabriele	FUNCTIONAL
17:30	FUSION Valentina V.	OUTDOOR
18:00	CIRCUIT TRAINING Gianmarco	OUTDOOR
18:20	POSTURAL PILATES 45 MIN Silvio	SALA SOLE
18:30	RED Valentina V.	OUTDOOR
18:30	CROSSTRAIN Andrea B.	OUTDOOR
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:00	CORE TRAINING 30 min Aurora	OUTDOOR
19:10	POSTURAL PILATES 45 MIN Silvio	SALA SOLE
19:30	PUMP Morena	OUTDOOR
19:30	CROSSTRAIN Andrea B.	OUTDOOR
19:45	FUNCTIONAL BODY WEIGHT Edoardo	FUNCTIONAL

17:00	POSTURALE Daniela	SALA SOLE
18:00	CROSSTRAIN Cesare	OUTDOOR
18:00	PILATES Daniela	SALA SOLE
18:15	FUNCTIONAL STRENGTH	OUTDOOR
18:30	STEP&TONE Simona	OUTDOOR
19:00	CROSSTRAIN Cesare	OUTDOOR
19:00	YOGA Giulia	SALA SOLE
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:30	CIRCUIT TRAINING Francesco	OUTDOOR

ENJOY
SPORTING CLUB

N.B. : TUTTE LE ATTIVITA' SOPRAINDICATE RIENTRANO NELLA DISCIPLINA SPORTIVA CONI "ATTIVITA' SPORTIVA GINNASTICA FINALIZZATA ALLA SALUTE ED AL FITNESS "

La Direzione si riserva la facoltà di annullare o sospendere corsi inferiori a 3 partecipanti e il diritto di modificare il planning corsi e gli orari in base alle necessità organizzative.

telefono : 06/6383850