

★ LUNEDÌ

HIPHOP / NEW FLAVA
16:15-17:15

BREAK DANCE
16:30-17:30

MODERN / TEEN
17:30-18:30

★ MARTEDÌ

HIPHOP / LILGROOVE
16:30-17:30

HIPHOP / SMASH JR.
17:30-18:30

MODERN / JUNIOR
17:30-18:30

HIPHOP / KIDZblock
18:30-20:00

HIPHOP / OVER
20:30-22:00

★ MERCOLEDÌ

HIPHOP / NEW FLAVA
16:15-17:15

BREAK DANCE
16:30-17:30

HEELS DANCE
20:45-22:15

★ GIOVEDÌ

HIPHOP / LILGROOVE
16:30-17:30

HIPHOP / SMASH JR.
17:30-18:30

MODERN / JUNIOR
17:30-18:30

HIPHOP / KIDZblock
18:30-20:00

CARAIBICHE
20:00-21:00 / BASE
21:00-22:00 / INTERMEDIO
22:00-23:00 / AVANZATO

★ VENERDÌ

MODERN / TEEN
17:30-18:30

P.A.B / PREP.BALLO
18:30-19:30

★ LUNEDÌ

★ MARTEDÌ

★ MERCOLEDÌ

★ GIOVEDÌ

★ VENERDÌ

CERCHIO AEREO
16:30-17:30

TESSUTI AEREI
17:30-18:30

POLE DANCE
18:30-19:30 / KIDS
19:30-20:30 / BASE
20:30-21:30 / AVANZATO

CERCHIO AEREO
16:30-17:30

TESSUTI AEREI
17:30-18:30

POLE DANCE
18:30-19:30 / KIDS
19:30-20:30 / BASE
20:30-21:30 / AVANZATO

P.A.A / PREP. AGONIST.
16:30-18:30

 LUNEDÌ

 MARTEDÌ

 MERCOLEDÌ

 GIOVEDÌ

 VENERDÌ

PATTIN. / PRIMI PASSI
16:30-18:00

PATTIN. / AVVIAMENTO
18:00-19:30

PATTIN. / PRE-AGONISM
18:00-19:30

PATTIN. / AGONISMO
18:30-20:30

PATTINAGGIO / OVER
20:25-21:25

PATTIN. / AGONISMO
19:30-20:30

PATTIN. / PRE-AGONISM
18:00-19:30

PATTIN. / AGONISMO
18:30-20:30

PATTIN. / PRIMI PASSI
16:30-18:00

PATTIN. / AVVIAMENTO
18:00-19:30

PATTIN. / AGONISMO
19:30-20:30

PATTIN. / PRE-AGONISM
18:00-19:30

PATTIN. / AGONISMO
18:30-20:30

 **LUNEDÌ**

SALA PESI
07:00-22:00

FUNZIONALE / LATINO
08:30-09:30

TOTAL BODY
10:00-11:00

FUNZIONALE
13:00-14:00

PARKOUR / KIDS
16:30-17:30

PARKOUR / JUNIOR
17:30-19:00

GYM MUSIC
18:00-19:00

CALISTHENICS
17:30-20:30

TRX
19:30-20:30

GTF
19:00-21:00

 **MARTEDÌ**

SALA PESI
07:00-22:00

FUNZIONALE / LATINO
19:00-20:00

CALISTHENICS
17:30-20:30

CALISTHENICS / BASE
18:30-19:30

 **MERCOLEDÌ**

SALA PESI
07:00-22:00

FUNZIONALE
09:00-10:00
13:00-14:00

GAG
10:00-11:00

GYM MUSIC
18:00-19:00

CALISTHENICS
17:30-20:30

TRX
19:30-20:30

GTF
19:00-21:00

 **GIOVEDÌ**

SALA PESI
07:00-22:00

FUNZIONALE / LATINO
08:30-09:30

FUNZIONALE / LATINO
18:00-19:00

PARKOUR / KIDS
16:30-17:30

PARKOUR / JUNIOR
17:30-19:00

CALISTHENICS
17:30-20:30

CALISTHENICS / BASE
18:30-19:30

GTF
19:15-21:15

 **VENERDÌ**

SALA PESI
07:00-22:00

FUNZIONALE
09:00-10:00

CALISTHENICS
17:30-20:30

TRX
10:00-11:00

 **SABATO**

SALA PESI
8:00-18:00

 **DOMENICA**

SALA PESI
09:00-13:00

 **LUNEDÌ**

DIFESA PERSONALE
19:00-20:00

CROSSBOXE
20:00-21:00

 **MARTEDÌ**

JUNIOR BOXE
16:30-17:30

S.A.A / SIST.ALL' APERTO
19:30-20:45

 **MERCOLEDÌ**

DIFESA PERSONALE
19:00-20:00

CROSSBOXE
20:00-21:00

 **GIOVEDÌ**

JUNIOR BOXE
16:30-17:30

 **VENERDÌ**

 **LUNEDÌ**

PILATES
18:00-19:00

YOGA
11:30-12:30
19:15-20:15

 **MARTEDÌ**

POSTURALE
10:30-11:30

 **MERCOLEDÌ**

PILATES
18:00-19:00

YOGA
19:15-20:15

 **GIOVEDÌ**

PILATES
10:30-11:30

 **VENERDÌ**

**PLANNING
2024/25**



| | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO | DOMENICA |
|-------|--|--|--|--|--|----------------------------------|----------------------------------|
| 17:00 | | | 07:00 - 08:00 CrossFit CLASS | | 07:00 - 08:00 CrossFit CLASS | | |
| 17:30 | | | | | | | |
| 18:00 | | | | | | | |
| 18:30 | | | | | | | |
| 19:00 | | | | | | | |
| 19:30 | 07:00 - 12:45 OPEN GYM | | 08:00 - 12:45 OPEN GYM | | 08:00 - 12:45 OPEN GYM | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | | 08:00 - 13:45 OPEN GYM |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | 07:00 - 17:30 OPEN GYM | | 07:00 - 17:30 OPEN GYM | | | |
| 12:30 | | | | | | | |
| 13:00 | | | 12:45 - 13:45 CrossFit CLASS | | 12:45 - 13:45 CrossFit CLASS | 08:00 - 18:30 OPEN GYM | |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | | | | | | |
| 15:00 | | | | | | | |
| 15:30 | 13:45 - 17:30 OPEN GYM | | 13:45 - 17:30 OPEN GYM | | 13:45 - 17:30 OPEN GYM | | |
| 16:00 | | | | | | | |
| 16:30 | | | | | | | |
| 17:00 | | | | | | | |
| 17:30 | | | | | | | |
| 18:00 | 17:30 - 18:30 CrossFit CLASS | 17:30 - 18:30 CrossFit CLASS | 17:30 - 18:30 CrossFit CLASS | 17:30 - 18:30 CrossFit CLASS | 17:30 - 18:30 CF SKILL | | |
| 18:30 | 18:30 - 19:30 CrossFit CLASS | 18:30 - 19:30 WIGHTLIFTING | 18:30 - 19:30 CrossFit CLASS | 18:30 - 19:30 WIGHTLIFTING | 18:30 - 19:30 WIGHTLIFTING | | |
| 19:00 | | | | | | | |
| 19:30 | 19:30 - 20:30 CF STRENGTH | 19:30 - 20:30 CrossFit CLASS | 19:30 - 20:30 WIGHTLIFTING | 19:30 - 20:30 CrossFit CLASS | 19:30 - 20:30 CrossFit CLASS | | |
| 20:00 | | | | | | | |
| 20:30 | | | | | | | |