



	Pt group	pt group in sala attrezzi	Group	pt group outdoor		
<div style="display: flex; justify-content: space-between; align-items: center;">  <h1 style="color: green; font-size: 2em; margin: 0;">INDOOR</h1>  </div>						
ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
08:00						
08:30		Speed 30'		Speed 30'	METODO: PT GROUP PILATES 8.30-9.25	
09:00	METODO: PILATES MATTEO 9.00-9.50	METODO: BODY CONDITIONING ALISSA 9.00-9.50	METODO: PILATES MATTEO 9.00-9.50	METODO: H.I.I.T. MATTEO 9.00-9.50	Speed 30'	
09:30						
10:00	METODO: PILATES MARTA 10.00-10.50	METODO: PT GROUP POSTURAL 10.00-10.50 FABRIZIO-	METODO: PILATES MARTA 10.00-10.50	METODO: PT GROUP POSTURAL 10.00-10.50 MATTEO		
10:30					METODO: PANCAFIT 10.30-11.15 MATTEO	METODO: PT TABATA SALA ATTREZZI 10.30-11:15
11:00						
11:30						
12:00						
12:30						
12:45						
13:00	METODO: H.I.I.T. MATTEO 12.45.13.45	METODO: BODY CONDITIONING 13.00-13.50 ALISSA	Speed 30'	PT GROUP BIKE &TONE (SALA FUNZIONALE)	Speed 30'	
13:30						
13:45						
14:00						
15:00						
16:00						
16:30						
17:00	METODO: POWER YOGA 17.00-17.55 SILVIA	Speed 30'		Speed 30'	METODO: POWER YOGA 17.00-17.55 SILVIA	
17:30						
18:00		METODO: PANCAFIT FABRIZIO 18:00-18:45		METODO: PANCAFIT FABRIZIO 18:00-18:45	METODO: AERODANCE 18:00-14 18:50 ELISA	
18:30	METODO: FIT PILATES 18.30-19.25 MATTEO		METODO: FIT PILATES 18.30-19.25 MARTA			
19:00		METODO: STEP 18.50-19.40 ALISSA		METODO: STEP 18.50-19.40 ALISSA	METODO: STEP 19:00-19:50 ELISA	
19:30	METODO: H.I.I.T. 19.30-20.25 MATTEO		METODO: wod GROUP 19.30-20.25 MARTA			
20:00		METODO: PILATES 19.45-20.35 ALISSA	Speed 30'	METODO: PILATES 19.45-20.35 ALISSA		
20:30	METODO: FUNCTIONAL TRAINING 20.30-21.30					
21:00		speed				
21.30						



OUTDOOR



ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
09:00						
09:30						
10:00		METODO: MOMMY WORKOUT 10.30-11.30 MARTA				
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00		METODO: OUT DO 19.00- 20:00 ENRICO		METODO: OUT DO 19.00- 20:00 ENRICO		METODO: OUT DO ENRICO 19.00-20.00
19:30						
20:00						
20:30						
21:00						
21:30						



ZONA FUNZIONALE



ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
09:00						
09:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
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16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						

**METODO: PT GROUP BIKE &
TONE 12:50-13:40 ALISSA**

**METODO: INDOOR CYCLING
19:30-20:30 MONICA**

**METODO: INDOOR CYCLING
20:30-21:30 MONICA**