

# PLANNING HAPPYFITNESS 2024-2025

	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		
	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	SALA FITNESS	SALA OLISTICA	
MATTINA	WALK & TONE 7:00 - 7:45 Mary				FLYBOARD 7:00 - 7:45 Mary/Annalisa		TOTAL BODY 7:00 - 7:45 Barbara				MORNING YOGA FLOW Eva 7:00 - 7:45		
	TOTAL BODY LIGHT 9:30 - 10:15 Mary		POSTURAL STRETCHING 9:30 - 10:15 Marco		WALK & TONE 9:15 - 10:00 Milena		GAG 9:30 - 10:15 Alessandro		VINYASA YOGA 8:30 - 9:15 Annalisa		WALK & TONE 8:00 - 8:45 Team Hf		
	TOTAL BODY 10:30 - 11:15 Milena		FLYBOARD INTERMEDIO 10:30 - 11:15 Cristina		POSTURALE 10:30 - 11:15 Cristina		MOBILITY 10:30 - 11:15 Milena		PILATES INTERMEDIO 10:30 - 11:15 Cristina		GINNASTICA DOLCE 10:15 - 11:00 Mary		TRX CLASS 9:00 - 9:45 Marco
PRANZO	SUPERJUMP 12:45 - 13:30 Cristina		FUNCTIONAL TRAINING 12:45 - 13:30 Milena		TOTAL BODY 12:45 - 13:30 Eva		CARDIO TONE 12:45 - 13:30 Cristina		PILATES 12:45 - 13:30 Cristina		TRX CLASS 12:45 - 13:30 Marco		
			SUPERJUMP 15:00 - 15:45 Mary		SUPERJUMP 6-11 16:30 - 17:15 Eva		TRX CLASS 14:30 - 15:15 Marco		PILATES 13:45 - 14:30 Mary		TOTAL BODY 10:40 - 11:25 Milena		
	SUPERJUMP 3-5 16:30 - 17:15 Mary		POSTURALE 17:00 - 17:45 Debora		FOOTBIKE 18:00 - 19:00 Maria		BODY HARMONY 16:30 - 17:15 Barbara		POSTURALE 15:30 - 16:15 Paolo		CARDIO SCULPT 11:35 - 12:20 Mary/Cristina		
POMERIGGIO	CARDIO TONE 17:30 - 18:15 Eva		PILATES 17:50 - 18:35 Debora		GAG 17:30 - 18:15 Milena		WALK & TONE 17:30 - 18:15 Barbara		SUPERJUMP 6-11 16:45 - 17:45 Cristina		VINYASA YOGA 17:30 - 18:15 Annalisa		
	ABS 18:30 - 19:15 Eva		PILATES 18:40 - 19:25 Debora		TABATA 18:30 - 19:15 Eva		AERODANCE 18:30 - 19:15 Milena		PANCAFIT GROUP YOUNG 17:00 - 17:45 Paolo		PILATES 17:40 - 18:20 Debora		
	CARDIO SCULPT 19:30 - 20:15 Alessandra		FLEXIBILITY 19:35 - 20:20 Marta		FREE UP 19:30 - 20:15 Alessandro		NATURAL YOGA FLOW 19:30 - 20:15 Eva		STEP DANCE 18:00 - 18:45 Milena		POSTURALE 18:30 - 19:15 Debora		
SERA	TOTAL BODY WEIGHTS 20:30 - 21:15 Marta		PANCAFIT GROUP 20:30 - 21:15 Manuela		HEELS 12+ 20:30 - 21:30 Arianna		FLYBOARD 20:30 - 21:15 Alessandro		GAB 19:10 - 19:55 Marta		CIRCUIT TRAINING 19:15 - 20:00 Marco		
							BOXE UP 20:25 - 21:10 Pasquale		PANCAFIT GROUP 18:30 - 19:15 Paolo		TRX CLASS 20:15 - 21:00 Marco		
							URBAN 15+ 20:10 - 21:10 Veronica		STRETCHING 19:30 - 20:15 Paolo				
							HIIT 20:35 - 21:20 Marta		NATURAL YOGA FLOW 20:20 - 21:20 Eva				

**FITNESS**

**OLISTICO**

**OUTDOOR**

**DIGITALE**

**KIDS/TEEN**

● CORSO A BASSA INTENSITA'  
ADATTO ANCHE A PRINCIPIANTI

● CORSO A MEDIA INTENSITA'

● CORSO AD ALTA INTENSITA'  
NON ADATTO A PRINCIPIANTI