

PLANNING HAPPYFITNESS 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 ●	PILATES BASE 9:30 - 10:15 Annalisa ●	SCULPT 9:15 - 10:00 Mary ●			FLYBOARD BASE 9:15 - 10:00 Milena ●	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 ●	CARDIO SCULPT low 10:15 - 11:00 Cristina Tosetti ●	PANCAFIT GROUP 9:40 - 10:30 Paolo ●		FLEX ZONE 9:30 - 10:15 Mary ●	STEP TONE 10:30 - 11:15 Milena ●	TRX CLASS 9:00 - 9:45 Marco ●	PILATES 9:45 - 10:30 Eva ●
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 ●		TOTAL BODY 10:00 - 10:30 Milena ●	PILATES 10:40 - 11:25 Eva ●
										PILATES 13:45 - 14:30 Mary ●		UPPER BODY 30' 10:00 - 10:30 Milena ●	
													CARDIO SCULPT 11:35 - 12:20 Mary/Cristina ●
POMERIGGIO			SUPERJUMP 15:00 - 15:45 Mary ●		WALK & TONE 15:30 - 16:15 Barbara ●		TRX CLASS 14:30 - 15:15 Marco ●		POSTURALE 15:30 - 16:15 Paolo ●				
	SUPERJUMP 3-5 16:30 - 17:15 Mary ●	POSTURALE 17:00 - 17:45 Debora ●				BODY HARMONY 16:30 - 17:15 Barbara ●					PILATES 17:00 - 17:45 Debora ●		
	CARDIO TONE 17:30 - 18:15 Eva ●	PILATES 17:50 - 18:35 Debora ●	GAG 17:30 - 18:15 Milena ●	FLYBOARD 17:30 - 18:15 Eva ●	WALK & TONE 17:30 - 18:15 Barbara ●	HIP HOP KIDS 6-7 17:20 - 18:20 Veronica ●	SUPERJUMP 6-11 16:45 - 17:45 Cristina ●			VINYASA YOGA 17:30 - 18:15 Annalisa ●	PILATES 17:50 - 18:35 Debora ●		
SERA	ABS 18:30 - 19:15 Eva ●	PILATES 18:40 - 19:25 Debora ●	TABATA 18:30 - 19:15 Eva ●	PILATES 18:30 - 19:15 Alessandro ●	AERODANCE 18:30 - 19:15 Milena ●	HIP HOP JUNIOR 8-11 18:20 - 19:20 Veronica ●	STEP DANCE 18:00 - 18:45 Milena ●		POSTURALE 17:30 - 18:15 Paolo ●	SUPERJUMP T.B. 18:20 - 19:05 Barbara ●	PILATES 18:40 - 19:25 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 ●	MOBILITY 19:30 - 20:15 Milena ●	HIP HOP TEEN 11-14 19:20 - 20:20 Veronica ●	GAB 19:10 - 19:55 Marta ●		PANCAFIT GROUP 18:30 - 19:15 Paolo ●	CIRCUIT TRAINING 19:15 - 20:00 Marco ●			
	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 ●	BOXE UP 20:25 - 21:10 Pasquale ●	URBAN 15+ 20:20 - 21:20 Veronica ●	FLEXIBILITY 30' 20:00 - 20:30 Marta ●		STRETCHING 19:30 - 20:15 Paolo ●	TRX CLASS 20:15 - 21:00 Marco ●			
							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