

PALINSESTO FITNESS 2024-25

| Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato | Domenica |
|--|--|---|--|---|--|------------------------------|
| 9.30 – 10.30 RONCHI SHAPE & TONE Giorgia | 9.30 – 10.30 RONCHI SHAPE & TONE Simona | 9.30 – 10.30 RONCHI SHAPE & TONE Sabrina | 9.30 – 10.30 RONCHI SHAPE & TONE Daniel | 9.30 – 10.30 RONCHI SHAPE & TONE Sveva | | |
| 10.30 – 11.30 RONCHI FLEX & MOBILITY Giorgia | 10.30 – 11.30 PILATES MATWORK Simona | 10.30 – 11.30 BACK PREVENTION Sabrina | 10.30 – 11.30 ZUMBA FITNESS Daniel | 10.30 – 11.30 RONCHI FLEX & MOBILITY Sveva | 10.30 – 11.30 HIIT TRAINING Franklin | 10.30 – 11.30 JOLLY CLASS |
| 11:30 – 12.30 TAICHI Francesco | 11:30 – 12.30 YOGA PER TUTTI Sarah | 11.30 – 12.30 MOVIMENTO LATINO Osvaldo | 11:30 – 12.30 YOGA PER TUTTI Sarah | 11.30 – 12.30 MOVIDA FITNESS Max | 11.30 – 12.30 ZUMBA FITNESS Franklin | |
| 13.00 - 14.00 POSTURAL STRETCH Matteo | 13.00 - 14.00 METABOLIC WORKOUT Fabiano | 13.00 - 14.00 FUSION STRETCH Max | 13.00 - 14.00 FAT BURNING Fabiano | 13.15 – 14.00 POWER PUMP Max | 13.00– 14.00 SKILL AREA Leandro | |
| | | 13.15 – 14.00 SKILL AREA Andrea | | | 12.00 - 13.00 INDOOR CYCLING Roberta | |
| 13.00 -14.00 RUNNING TRAINING Stefano | 13.00 -14.00 RUNNING TRAINING Marco | 13.00 -14.00 RUNNING TRAINING Stefano | 13.00 -14.00 RUNNING TRAINING Marco | | 13.00 -14.00 INDOOR CYCLING Roberta | |
| 13.00 -14.00 INDOOR CYCLING Max | | 13.00 -14.00 INDOOR CYCLING Davide | | 13.00 -14.00 INDOOR CYCLING Cristian | | |
| 14.00 – 15.00 MOVIMENTO LATINO Osvaldo | | 14.00 – 15.00 MOVIDA FITNESS Max | | | | |
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| 17.00 – 18.00 RONCHI FLEX & STRETCH Angela | 17.00 – 18.00 RONCHI FLEX & STRETCH Giorgia | 17.00 – 18.00 RONCHI FLEX & STRETCH Sveva | 17.00 - 18.00 BOOTY FOCUS Simone | 17.00 – 18.00 RONCHI FLEX & STRETCH Giorgia | | |
| 18.00 – 19.00 RONCHI SHAPE & TONE Angela | 18.00 – 19.00 RONCHI SHAPE & TONE Giorgia | 18.00 - 19.00 RONCHI SHAPE & TONE Sveva | 18.00 – 19.00 DYNAMIC FLEX Simone | 18.00 – 19.00 RONCHI SHAPE & TONE Giorgia | | |
| 19.00 – 20.00 PILATES EVOLUTION Laura | 18.00 – 19.00 RUNNING TRAINING Giorgio | 19.00 – 20.00 PILATES EVOLUTION Laura | 18.00 – 19.00 RUNNING TRAINING Giorgio | 19.00 – 20.00 PILATES EVOLUTION Laura | | |
| 20.15 – 21.00 REEJAM CARDIO FUNK Laura | 19.00 – 20.00 BODY POWER Giorgio | 19.30 – 20.30 SKILL AREA Andrea | 19.00 – 20.00 BODY POWER Giorgio | | | |
| 19.00 - 20.00 INDOOR CYCLING Giorgio | 20.00 – 21.00 LIGHT KICK BOXING Giuliano e Daniele | 19.00 - 20.00 INDOOR CYCLING Giorgio | 20.00 – 21.00 LIGHT KICK BOXING Giuliano e Daniele | 19.00 - 20.00 INDOOR CYCLING Giorgio | | |