

PALINSESTO 2023/2024

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9.30 - 10.30 RONCHI SHAPE & TONE Giorgia	9.00 - 10.00 RONCHI SHAPE & TONE Simona	9.30 - 10.30 RONCHI SHAPE & TONE Sabrina	9.00 - 10.00 RONCHI SHAPE & TONE Simona	9.30 - 10.30 RONCHI SHAPE & TONE Sveva	
10.30 - 11.30 RONCHI FLEX & MOBILITY Giorgia	10.00 - 11.00 PILATES EVOLUTION Milena	10.30 - 11.30 BACK PREVENTION Sabrina	10.00 - 11.00 PILATES EVOLUTION Milena	10.30 - 11.30 RONCHI FLEX & MOBILITY Sveva	10.30 - 11.30 RONCHI SHAPE & TONE Angela
11.30 - 12.30 THAI CHI Francesco	11.00 - 12.00 YOGA PER TUTTI Marta	11.30 - 12.30 MOVIMENTO LATINO Osvaldo	11.00 - 12.00 YOGA PER TUTTI Marta	11.30 - 12.30 MOVIDA Max	11.30 - 12.30 RONCHI FLEX & MOBILITY Angela
					12.30 - 13.30 INDOOR CYCLING Roberta
13.00 - 14.00 PILATES EVOLUTION Milena	13.00 - 14.00 RONCHI FUNCTIONAL CIRCUIT Fabiano	13.00 - 14.00 POSTURAL STRETCH Matteo	13.00 - 14.00 RONCHI CIRCUIT TRX/ CRAB Giorgio	13.00 - 14.00 RONCHI FLEX & MOBILITY MAX	
14.00 - 15.00 MOVIMENTO LATINO Osvaldo		14.00 - 15.00 MOVIDA Max			
13.00 - 14.00 RUN TRIATHLON TRAINING Stefano	13.00 - 14.00 RUNNING TRAINING Marco	13.00 - 14.00 RUN TRIATHLON TRAINING Stefano	13.00 - 14.00 RUNNING TRAINING Marco		
13.00 -14.00 INDOOR CYCLING Max		13.15 - 14.00 RONCHI SKILL Andrea		13.00 -14.00 INDOOR CYCLING Chiara	
		13.00 -14.00 INDOOR CYCLING Cristian			
17.00 - 18.00 POSTURAL STRETCH Sveva	17.00 - 18.00 RONCHI FLEX & MOBILITY Giorgia	17.30 - 18.30 METEBOLIC WORKOUT Andrea	17.30 - 18.15 RONCHI BOOTY SCULPT Simone	17.00 - 18.00 RONCHI FLEX & MOBILITY Giorgia	
18.00 - 19.00 RONCHI SHAPE & TONE Sveva	18.00 - 19.00 RONCHI SHAPE & TONE Giorgia	18.30 - 19.30 PILATES EVOLUTION Laura	18.15 - 19.00 RONCHITRX Simone	18.00 - 19.00 RONCHI SHAPE & TONE Giorgia	
19.00 - 20.00 PILATES EVOLUTION Laura	19.00 - 20.00 BODY POWER Giorgio	19.30 - 20.30 LIGHT KICK BOXING Giuliano e Daniele	19.00 - 20.00 BODY POWER Giorgio	19.00 - 20.00 PILATES EVOLUTION Laura	
20.00 - 21.00 LIGHT KICK BOXING Giuliano e Daniele	18.00 - 19.00 RUNNING TRAINING Giorgio		18.00 - 19.00 RUNNING TRAINING Giorgio		
19.00 - 20.00 INDOOR CYCLING Giorgio		19.00 - 20.00 INDOOR CYCLING Giorgio	19.15 - 20.00 RONCHI SKILL Andrea	19.00 - 20.00 INDOOR CYCLING Giorgio	
			20.00 - 21.00 INDOOR CYCLING Roberta		