



PLANNING 2026-27

SALA PT



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	7:00 - 7:50 SALA PT T.B.W. MINICLASS FRANCESCO		7:00 - 7:50 SALA PT T.B.W. MINICLASS FRANCESCO		
		9:30 - 10:20 SALA PT T.B.W. MINICLASS MATILDE			
12:50 - 13:40 SALA PT T.B.W. MINICLASS MATILDE		12:50 - 13:40 SALA PT T.B.W. MINICLASS MATILDE	12:50 - 13:40 SALA PT T.B.W. MINICLASS MATILDE	12:50 - 13:40 SALA PT T.B.W. MINICLASS MATILDE	
14:40 - 15:30 SALA PT T.B.W. MINICLASS FRANCESCO		14:40 - 15:30 SALA PT T.B.W. MINICLASS FRANCESCO			
	16:40 - 17:30 SALA PT T.B.W. MINICLASS FRANCESCO			16:40 - 17:30 SALA PT T.B.W. MINICLASS FRANCESCO	
17:40 - 18:30 SALA PT T.B.W. MINICLASS FRANCESCO	17:40 - 18:30 SALA PT T.B.W. MINICLASS ANDREA	17:40 - 18:30 SALA PT T.B.W. MINICLASS MATILDE		17:40 - 18:30 SALA PT T.B.W. MINICLASS MATILDE FRANCESCO	
18:40 - 19:30 SALA PT T.B.W. MINICLASS FRANCESCO	18:40 - 19:30 SALA PT T.B.W. MINICLASS MATILDE FRANCESCO	18:40 - 19:30 SALA PT T.B.W. MINICLASS ANDREA		18:40 - 19:30 SALA PT T.B.W. MINICLASS MATILDE FRANCESCO	



PLANNING 2026-27

SALA 1



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:30 - 10:20 SALA 1 SOFT PILATES DANIELA	9:30 - 10:20 SALA 1 GYM TONIC & SLIM ARIANNA		9:30 - 10:20 SALA 1 GYM TONIC & SLIM ARIANNA	9:30 - 10:20 SALA 1 SOFT PILATES DANIELA	9:10 - 10:00 SALA 1 OLISTIC WORKOUT® E AUTOMASSAGGIO ARIANNA
					10:10 - 11:00 SALA 1 BODY SCULPT CIRCUIT TRAINING ANDREA
12:50 - 13:40 SALA 1 T.B.W. ENERGY ARIANNA	12:50 - 13:40 SALA 1 BODY FIT MATILDE	12:50 - 13:40 SALA 1 OLISTIC WORKOUT® PILATES AUTOMASSAGGIO ARIANNA	13:00 - 13:50 SALA 1 T.B.W. ANDREA	12:50 - 13:40 SALA 1 MOVIDA FITNESS® YLENIA	
16:30 - 17:20 SALA 1 COREOGRAPHY ADV MATILDE E YLENIA 11-20 ANNI	16:40 - 17:30 SALA 1 PROPEDANCE YLENIA 3-5 ANNI	16:30 - 17:20 SALA 1 COREOGRAPHY ADV MATILDE E YLENIA 11-20 ANNI	16:20 - 17:10 SALA 1 COREOGRAPHY YLENIA 6-10 ANNI	16:40 - 17:30 SALA 1 ARMONY DANCE FRANCESCA 11-30 ANNI	
17:30 - 18:20 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH DANIELA	17:40 - 18:30 SALA 1 COREOGRAPHY YLENIA 6-10 ANNI		17:20 - 18:10 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH DANIELA	17:40 - 18:30 SALA 1 STRETCHING MIOFASCIALE ARIANNA	
18:30 - 19:00 SALA 1 LOWER BODY 30' MATILDE	18:50 - 19:40 SALA 1 G.A.G. CIRCUIT TRAINING ARIANNA	18:00 - 18:50 SALA 1 GYM TONIC & SLIM ARIANNA	18:20 - 18:50 SALA 1 GAG MINI 30' MATILDE		
19:10 - 20:00 SALA 1 MOVIDA FITNESS® ARIANNA MATILDE YLENIA	19:50 - 20:40 SALA 1 OLISTIC WORKOUT® PILATES AUTOMASSAGGIO ARIANNA	19:00 - 19:50 SALA 1 PILATES MOBILITY & STRETCH DANIELA	19:00 - 19:50 SALA 1 STEP COREOGRAFICO MONICA	18:50 - 19:40 SALA 1 PUMP & BODY TONE ANDREA	
20:10 - 21:00 SALA 1 TOTAL BODY FUNCTIONAL ANDREA		20:00 - 20:50 SALA 1 HYBRID CIRCUIT MATILDE FRANCESCO	20:00 - 20:50 SALA 1 FULL BODY ARIANNA ANDREA	19:50 - 20:40 SALA 1 DYNAMIC PILATES FLEXIBILITY ARIANNA	