

## TABELLA GENERALE DEI CORSI IN PALESTRA 21 SETTEMBRE 2026 - 30 MAGGIO 2027

| ORARI         | LUNEDI                    | MARTEDI                     | MERCOLEDI                   | GIOVEDI               | VENERDI                        | SABATO                      | DOMENICA                        |
|---------------|---------------------------|-----------------------------|-----------------------------|-----------------------|--------------------------------|-----------------------------|---------------------------------|
| 8.30 – 9.30   |                           |                             |                             |                       |                                |                             |                                 |
| 9.30 – 10.00  |                           | STRETCHING<br>(9,30-10,30)  |                             |                       |                                |                             |                                 |
| 10.00 – 10.30 |                           |                             |                             |                       |                                |                             | YOGA MASTER<br>CLASS<br>(10-11) |
| 10.30 – 11.00 |                           | STRETCHING<br>(10,30-11,30) |                             |                       |                                | G.A.G.<br>(10,30-11,30)     |                                 |
| 11.00 – 11.30 |                           |                             |                             |                       | STRETCHING<br>(11-12)          |                             | YOGA MASTER<br>CLASS<br>(11-12) |
| 11.30 – 12.00 |                           |                             |                             |                       |                                | TOTAL BODY<br>(11,30-12,30) |                                 |
| 12.00 – 12.30 |                           |                             | PILATES (12-13)             |                       |                                |                             |                                 |
| 12.30 – 13.00 | MOBILITY<br>(12,30-13,30) |                             |                             |                       |                                |                             |                                 |
| 13,00 - 13.30 |                           |                             |                             | YOGA<br>(13,15-14,15) |                                |                             |                                 |
| 13,30 - 14,00 | PILATES<br>(13,30-14,30)  |                             | FUNZIONALE<br>(13,15-14,15) |                       | FUNZIONALE<br>(13,15-14,15)    |                             |                                 |
| 14.00 – 14.30 |                           |                             |                             |                       |                                |                             |                                 |
| 14,30 – 15,00 |                           |                             |                             |                       |                                |                             |                                 |
| 15.00 – 15.30 |                           |                             |                             |                       |                                |                             |                                 |
| 15.30 – 16.00 |                           |                             |                             |                       |                                |                             |                                 |
| 16.00 – 16.30 |                           |                             |                             |                       |                                |                             |                                 |
| 16.30 – 17.00 |                           |                             |                             |                       |                                |                             |                                 |
| 17.00 – 17.30 |                           |                             |                             |                       |                                |                             |                                 |
| 17.30 – 18.00 |                           |                             |                             |                       |                                |                             |                                 |
| 18.00 – 18.30 |                           |                             |                             |                       |                                |                             |                                 |
| 18.30 – 19.00 |                           |                             |                             |                       |                                |                             |                                 |
| 19.00 – 19.30 | YOGA<br>(19-20)           |                             |                             | TOTAL BODY<br>(19-20) | POWER<br>STRETCHING<br>(19-20) |                             |                                 |
| 19.30 – 20.00 |                           |                             |                             |                       |                                |                             |                                 |
| 20.00 – 20.30 |                           |                             |                             |                       |                                |                             |                                 |
| 20.30 – 21.00 |                           |                             |                             |                       |                                |                             |                                 |
| 21.00 – 21.30 |                           |                             |                             |                       |                                |                             |                                 |

DAVIDE VONA

EMANUELE DI NICOLA

FIorenza PISTONO

GIACOMO DE ANGELIS

GIULIO TADDEI PATRIZI