

planning corsi settembre / dicembre 2025



LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'
09.30-10.30	TRAINING	09.30-10.30	TRAINING	09.00-09.30	PANCAFIT GROUP	09.30-10.30	TRAINING	09.30-10.30	TRAINING	09.45-10.30	PILATES
09.45-10.30	WALKING PROGRAM	09.45-10.45	POSTURAL FUSION	09.30-10.00	PANCAFIT GROUP	09.45-10.30	PILATES	09.45-10.45	POSTURAL FUSION	10.00-11.00	TRAINING
10.00-10.30	PANCAFIT GROUP			09.30-10.30	ENDURANCE					11.00-12.30	OPEN 5TH TRAINING LAB
10.30-11.00	PANCAFIT GROUP			09.45-10.30	CARDIO IMPACT						
12.15-13.15	TRAINING	12.15-13.15	TRAINING	12.15-13.15	TRAINING	12.15-13.15	ENDURANCE	12.15-13.15	TRAINING	DOMENICA	
12.45-13.30	FUNCTIONAL TRAINING	12.45-13.30	HIIT	12.45-13.30	PILATES	12.45-13.30	WALKING PROGRAM				
										ORARIO	ATTIVITA'
										10.30-11.30	FREE 5TH TRAINING LAB
17.30-18.30	TRAINING	17.30-18.30	TRAINING	17.15-18.15	TRAINING	17.15-18.15	TRAINING	17.30-18.30	ENDURANCE	SALA FUOCO SALA NUVOLO SALA ARIA 5TH TRAINING LAB	
18.30-19.30	ENDURANCE	18.20-18.50	FLYING	18.15-19.15	TRAINING	18.15-19.15	TRAINING	18.30-19.30	TRAINING		
18.30-19.00	PANCAFIT GROUP	18.30-19.30	TRAINING	18.30-19.20	FUNCTIONAL TRAINING	18.30-19.00	PANCAFIT GROUP	18.40-19.20	CRAB FBS fusion		
18.30-19.10	WALKING PROGRAM	18.50-19.30	CORE CALISTHENICS	19.15-20.15	ENDURANCE	18.30-19.00	CARDIO IMPACT	19.30-20.30	TRAINING		
19.00-19.30	PANCAFIT GROUP	19.30-20.30	CALISTHENICS	19.20-20.15	YOGA	19.00-19.30	PANCAFIT GROUP	19.20-20.00	WALKING PROGRAM		
19.30-20.30	TRAINING	19.30-20.10	PILATES	19.45-20.45	INDOOR CYCLING	19.00-19.45	PILATES	19.30-20.30	INDOOR CYCLING		
19.10-19.50	HIIT	20.10-20.50	WALKING PROGRAM	20.00-20.30	PANCAFIT GROUP	19.15-20.15	TRAINING	20.00-20.40	FUNCTIONAL TRAINING		
19.30-20.30	INDOOR CYCLING	20.30-21.30	TRAINING	20.15-21.00	BUNGEEFLY	19.45-20.15	CORE CALISTHENICS	20.30-21.30	TRAINING		
20.30-21.30	TRAINING			20.30-21.00	PANCAFIT GROUP	20.15-21.15	CALISTHENICS				
20.15-21.15	PRESCIISTICA					20.15-21.15	PRESCIISTICA				

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BOX 5TH:
FUOCO ARIA NUVOLO:

DAL 01 SETTEMBRE AL 21 DICEMBRE 2025
DAL 08 SETTEMBRE AL 21 DICEMBRE 2025