

# PLANNING

## ORARI ATTIVITÀ SPORTIVA FINALIZZATA ALLA SALUTE ED AL FITNESS 4D CONI111

**LUNEDÌ**

ORA	CORSO	SALA	ISTRUTTORE
7.15-8.00	LesMills BodyPump	1	Andrea
9.30-10.30	Mat. Pilates	2	Andreaa
12.30-13.30	Mat. Pilates	2	Valeria
13.00-13.45	LesMills BodyPump	1	Gaia
13.00-13.50	Group Cycle	Studio Cycling	Beppe
17.00-17.45	Abs Core	1	Gaia
18.00-18.45	LesMills Shapes	1	Gaia
18.15-19.15	Mat. Pilates	2	Ilaria
19.00-19.50	Group Cycle	Studio Cycling	Alessandro
19.00-19.45	LesMills BodyPump	1	Gaia
19.30-20.15	Functional Training	Area Functional	Alessia
19.30-20.15	Reggaeton-Base	2	Sofia
20.00-20.45	Gag	1	Gaia

# MARTEDÌ

ORA	CORSO	SALA	ISTRUTTORE
7.10-8.00	Group Cycle	Studio Cycling	Alessandro
7.15-8.00	Functional Training	Area Functional	Alessia
8.30-9.15	Gag	1	Irina
9.00-10.00	Mat. Pilates	2	Chiara
9.30-10.15	Total Body	1	Irina
10.00-11.00	Hatha yoga	2	Raffaella
13.00-13.45	LesMills Shapes	1	Gaia
12.45-13.30	Functional Training	Area Functional	Marco
16.00-16.45	Gag	1	Gaia
17.00-17.45	LesMills Shapes	1	Gaia
18.00-18.45	Abs Core	1	Gaia
18.15-19.15	Mat. Pilates	2	Andreaa
18.30-19.20	Group Cycle	Studio Cycling	Claudio
19.00-19.45	LesMills Grit	1	Gaia
18.30-19.15	Hyrox	Area Functional	Ylenia

# MERCOLEDÌ

ORA	CORSO	SALA	ISTRUTTORE
7.15-8.00	Total Body	1	Fabio
8.00-8.45	Animal Flow	1	Fabio
9.30-10.15	LesMills Shapes	1	Gaia
12.30-13.30	Mat. Pilates	2	Andreaa
13.00-13.45	Functional Training	Area Functional	Ylenia
17.00-18.00	Hatha yoga	1	Raffaella
17.00-17.45	Hyrox	Area Functional	Ylenia
18.00-19.00	Mat. Pilates	2	Andreaa
19.15-20.00	Step Dance	2	Sofia
18.30-19.15	LesMills Tone	1	Andrea
19.00-19.45	Functional Training	Area Functional	Marco
19.00-19.50	Group Cycle	Studio Cycling	Alessandro
19.30-20.15	LesMills Shapes	1	Andrea
20.00-20.45	Functional Training	Area Functional	Marco

# GIOVEDÌ

ORA	CORSO	SALA	ISTRUTTORE
7.10-8.00	Group Cycle	Studio Cycling	Alessandro
7.15-8.00	Hyrox	Area Functional	Ylenia
10.00-10.45	Functional Training	Area Functional	Ylenia
10.00-11.00	Mat. Pilates	2	Andreaa
12.45-13.30	LesMills Shapes	1	Gaia
13.00-13.50	Group Cycle	Studio Cycling	Giovanna
17.00-18.00	Mat. Pilates	2	Valeria
17.00-17.45	Tabata	1	Irina
17.55-18.40	Zumba	1	Irina
18.00-19.00	Hatha Yoga	2	Raffaella
18.00-18.45	Functional Training	Area Functional	Marco
18.30-19.20	Group Cycle	Studio Cycling	Claudio
18.40-19.35	LesMills BodyAttack	1	Andrea
19.00-19.45	Functional Training	Area Functional	Marco
19.30-20.30	Mat. Pilates	2	Valeria
19.40-20.25	LesMills BodyPump	1	Andrea

# VENERDÌ

ORA	CORSO	SALA	ISTRUTTORE
7.15-8.00	Functional Training	Area Functional	Irina
8.30-9.25	Mat. Pilates	2	Marta
9.00-9.45	Gag	1	Irina
10.00-10.45	Total Body	1	Irina
12.30-13.30	Mat. Pilates	2	Valeria
13.00-13.45	Total Body	1	Fabio
17.30-18.15	Upper body	1	Ylenia
18.00-19.00	Mat. Pilates	2	Valeria
18.30-19.15	Total body	1	Giorgio
18.30-19.15	Hyrox	Area Functional	Ylenia
19.00-20.00	Power Yoga	2	Raffaella
19.00-19.50	Group Cycle	Studio Cycling	Francesca
19.30-20.15	Functional Training	Area Functional	Giorgio





# **CORBETTA SPORT CENTER SSD ARL**

Associazione di cultura Sport e Tempo Libero con licenza n.128083

## **Orari Centro Sportivo:**

**LUNEDÌ - DOMENICA**  
**07:00 - 24:00**

## **Orari Segreteria:**

**LUNEDÌ - VENERDI: 07:00 - 22:30**  
**SABATO : 07:00 - 20:00**  
**DOMENICA: 08:00-19:00**

## **Orari Sala Pesi:**

**LUNEDÌ - VENERDI: 07:00 - 22:30**  
**SABATO : 07:00 - 19:00**  
**DOMENICA: 08:00-19:00**

## **Orari Padel:**

**LUNEDÌ - DOMENICA**  
**08:00 - 23:30**



# Pilatify

THE NEW PILATES EXPERIENCE

[WWW.PILATIFY.IT](http://WWW.PILATIFY.IT)

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ
07.30-08.25	10.00-10.55	11.30-12.25	12.30-13.25
13.30-14.25	12.00-12.55	13.30-14.25	13.30-14.25
18.30-19.20	13.00-13.55	16.30-17.25	18.30-19.25
19.30-20.25	18.30-19.20	17.30-18.25	20.30-21.25
20.30-21.20	19.30-20.25	18.30-19.25	
	20.30-21.20	19.30-20.25	
VENERDÌ	SABATO		
9.00-9.55	8.00-8.55		
10.00-10.55	9.00-9.55		
12.30-13.25	10.00-10.55		
19.15-20.10			
20.15-21.10			

## CORSI SETTIMANALI