

CALENDARIO 2024/2025



SCEGLI LO STUDIO
ROSÀ | ROMANO | BASSANO

SCEGLI I TUOI ALLENAMENTI
R3FORM | MATWORK

SCEGLI IL TUO ORARIO
AM | LUNCH | PM

	LUN	MAR	MER	GIO	VEN	SAB	
AM	<p>6:50-7:40 R3FORM</p> <p>07:50-8:40 TABATA</p> <p>9:10-10:00 R3FORM</p> <p>10:10-11:00 R3FORM</p>	<p>6:40-7:30 R3FORM</p>	<p>7:15-8:05 R3FORM</p> <p>8:10-9:00 R3FORM</p> <p>9:10-10:00 R3FORM</p>	<p>6:40-7:30 R3FORM</p> <p>8:00-8:50 R3FORM</p> <p>9:00-9:50 R3FORM</p> <p>10:00-10:50 R3FORM</p> <p>11:00-11:50 R3FORM</p>	<p>10:00-10:50 R3FORM</p>		
LUNCH				<p>12:00-12:50 R3FORM</p> <p>13:00-13:50 R3FORM</p> <p>14:10-15:00 R3FORM</p>			
PM	<p>17:10-18:00 R3FORM</p> <p>18:10-19:00 R3FORM</p> <p>19:10-20:00 R3FORM</p>	<p>15:30-16:20 R3FORM</p> <p>16:30-17:20 R3FORM</p> <p>18:10-19:00 R3FORM</p> <p>19:10-20:00 DYNAMIC</p> <p>20:10-21:00 R3FORM</p>	<p>17:30-18:20 R3FORM</p> <p>18:30-19:20 R3FORM</p> <p>19:30-20:20 R3FORM</p> <p>20:30-21:20 DYNAMIC</p>	<p>17:30-18:20 R3FORM</p> <p>18:30-19:20 R3FORM</p> <p>19:30-20:20 R3FORM</p>	<p>17:30-18:20 R3FORM</p>		

	LUN	MAR	MER	GIO	VEN	SAB
AM	<p>8:50-9:40 PILATES MAT.</p>	<p>7:00-8:00 MORNING FLOW ONLINE</p> <p>9:00-10:30 YOGA &MINDFULNESS ESPERTI</p> <p>10:45-12:15 YOGA &MINDFULNESS</p>	<p>9:00-9:50 BODYFLYING</p> <p>10:00-10:50 PILATES MAT.</p>	<p>9:00-9:50 PILATES MAT.</p>	<p>9:00-9:50 BODYFLYING</p> <p>10:00-10:50 PILATES MAT.</p> <p>11:30-13:00 YOGA &MINDFULNESS</p>	
LUNCH				<p>13:00-13:50 PILATES MAT.</p>		
PM	<p>18:15-19:05 TONIFICAZIONE</p> <p>19:15-20:15 VINYASA YOGA</p> <p>20:30-21:30 GENTLE YOGA</p>	<p>18:00-19:00 PILATES MAT.</p> <p>19:10-20:10 PILATES MAT.</p>	<p>18:30-19:30 HATHA RAJA VINYASA</p> <p>19:40-20:40 GENTLE YOGA</p>	<p>16:30-18:00 YOGA &MINDFULNESS</p> <p>18:10-19:10 PILATES MAT.</p> <p>19:10-20:30 ODAKA YOGA</p>	<p>18:30-19:20 STRETCHING</p>	

	LUN	MAR	MER	GIO	VEN	SAB
AM		6:10-7:00 R3FORM 7:10-8:00 R3FORM 8:10-9:00 R3FORM 9:40-10:30 R3FORM 10:40-11:30 R3FORM	7:10-8:00 R3FORM	7:00-7:50 R3FORM 8:00-8:50 R3FORM 9:00-9:50 R3FORM	7:00-7:50 R3FORM 8:20-9:10 R3FORM	
LUNCH	12:45-13:35 R3FORM	12:00-12:50 R3FORM GRAVIDANZA		13:00-13:50 TABATA		
PM	14:30-15:20 R3FORM 17:10-18:00 R3FORM 17:40-18:30 MINI CLASS FUNCTIONAL 18:10-19:00 R3FORM 19:10-20:00 R3FORM 20:10-21:00 R3FORM	18:30-19:20 R3FORM 19:30-20:20 TABATA	16:30-17:20 R3FORM 17:30-18:20 R3FORM 17:40-18:30 MINI CLASS FUNCTIONAL 18:30-19:20 DYNAMIC 19:30-20:20 R3FORM	14:30-15:20 R3FORM 15:30-16:20 R3FORM 16:30-17:20 R3FORM 17:30-18:20 R3FORM 18:30-19:20 R3FORM 19:30-20:20 TABATA 20:30-21:10 R3FORM		

	LUN	MAR	MER	GIO	VEN	SAB
AM	<p>9:00-10:00 HATHA YOGA</p>					
LUNCH	<p>12:40-13:30 PILATES MAT.</p>	<p>13:00-13:50 ALLENAMENTO GRAVIDANZA</p>	<p>12:40-13:30 PILATES MAT.</p>		<p>12:40-13:40 HATHA YOGA</p>	
PM	<p>19:10-20:00 PILATES MAT.</p> <p>20:10-21:00 PILATES MAT.</p>	<p>18:00 -18:50 POSTURAL TRAINING</p> <p>19:00-19:50 FIT REVOLUTION</p>	<p>18:30-19:20 FUNCTIONAL FITNESS</p> <p>19:30-20:20 FUNCTIONAL FITNESS</p>	<p>18:30-19:20 POSTURAL TRAINING</p> <p>19:30-20:20 FIT REVOLUTION</p>		

	LUN	MAR	MER	GIO	VEN	SAB
AM	<p>7:00-7:50 R3FORM</p> <p>8:00-8:50 R3FORM</p> <p>9:00-9:50 PILATES MAT.</p> <p>10:00-10:50 R3FORM</p>	<p>7:10-8:00 R3FORM</p> <p>9:10-10:00 R3FORM</p> <p>10:10-11:00 R3FORM</p>	<p>7:00-7:50 R3FORM</p> <p>9:00-9:50 R3FORM</p>	<p>7:10-8:00 R3FORM</p> <p>8:10-9:00 R3FORM</p> <p>9:10-10:00 R3FORM</p> <p>10:10-11:00 R3FORM</p> <p>11:10-12:00 R3FORM</p>	<p>6:55-7:45 R3FORM</p> <p>11:20-12:10 R3FORM</p> <p>12:15-13:05 R3FORM</p>	<p>8:30-9:20 R3FORM</p> <p>9:30-10:20 R3FORM</p> <p>10:30-11:20 R3FORM</p>
LUNCH	<p>12:45-13:35 R3FORM</p>	<p>13:00-13:50 R3FORM</p>	<p>12:40-13:30 R3FORM</p>	<p>13:10-14:00 R3FORM</p>	<p>13:10-14:00 R3FORM</p>	
PM	<p>17:30-18:30 R3FORM</p> <p>18:30-19:20 R3FORM</p> <p>19:30-20:20 R3FORM</p>	<p>16:30-17:20 R3FORM</p> <p>17:30-18:20 R3FORM</p> <p>18:30-19:20 R3FORM</p> <p>19:30-20:20 R3FORM</p>	<p>17:00-17:50 R3FORM</p> <p>18:00-18:50 R3FORM</p> <p>19:00-19:50 R3FORM</p> <p>20:00-20:50 R3FORM</p>	<p>17:30-18:20 R3FORM</p> <p>18:30-19:20 PILATES MAT.</p> <p>19:30-20:20 PILATES MAT.</p> <p>20:30-21:20 R3FORM</p>	<p>14:45-15:35 R3FORM</p> <p>18:00-18:50 PILATES MAT.</p> <p>19:00-19:50 R3FORM</p>	