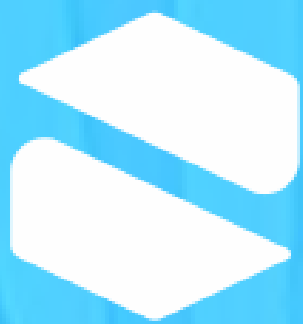




Niché
Fitness

NICHÉ **PALINSESTO** *CORSI* **2026-27**



Scopri i Corsi ➔

I Corsi 2026-27

Inclusi nell'abbonamento "Class"

LUNEDI



09:30 - 50' Sala corsi - Antonella
Pilates Basic
150-200 kcal



10:30 - 50' Sala corsi - Antonella
Metabolic Circuit
400-600 kcal



11:30 - 50' Sala corsi - Antonella
Pilates Basic/Intermedio
200-300 kcal



13:45 - 45' Sala corsi - Vladimiro
Functional Strength
400-600 kcal



17:00 - 50' - Marco - Federica
Ginnastica Posturale



18:30 - 45' Sala corsi - Annarita
Pilates Inter./Avan.
200-330 kcal



19:15 - 45' Sala corsi - Federica
Functional Strength
400-600 kcal



20:00 - 60' Sala corsi - Luigi
Kombat Challenge
500-700 kcal

MARTEDI



09:30 - 50' Sala corsi - Mariagrazia
Pilates Basic
150-200 kcal



10:30 - 50' Sala corsi - Mariagrazia
Pilates Basic/Intermedio
200-300 kcal



11:30 - 50' Sala corsi - Mariagrazia
Pilates intermedio
200-300 kcal



12:30 - 60' Sala corsi - Laura
Yoga Postural
200-300 kcal



16:30 - 50' - Marco - Federica
Ginnastica Posturale



18:45 - 45' Sala corsi - Adele
Pilates Basic/Intermedio
200-300 kcal



19:30 - 30' Sala Omnia - Vladimiro
Omnia Hiit
400-600 kcal



19:40 - 45' Sala corsi - Adele
Pilates Inter./Avan.
200-330 kcal



20:00 - 30' Sala Omnia - Vladimiro
Omnia Hiit
400-600 kcal

MERCOLEDÌ



09:30 - 50' Sala corsi - Antonella
Pilates Basic
150-200 kcal



10:30 - 50' Sala corsi - Antonella
Pilates Basic/Intermedio
200-300 kcal



11:30 - 45' Sala corsi - Vladimiro
Core Training
250-400 kcal



13:45 - 45' Sala corsi - Federica
Functional Hiit
500-750 kcal



17:00 - 50' - Marco - Federica
Ginnastica Posturale



18:30 - 45' Sala corsi - Annarita
Pilates Inter./Avan.
200-330 kcal



19:15 - 45' Sala corsi - Vladimiro
Functional Hiit
500-750 kcal



20:00 - 60' Sala corsi - Luigi
Kombat Burn
500-700 kcal

GIOVEDÌ



09:30 - 50' Sala corsi - Mariagrazia
Pilates Basic
150-200 kcal



10:30 - 50' Sala corsi - Mariagrazia
Pilates Basic/Intermedio
200-300 kcal



11:30 - 50' Sala corsi - Mariagrazia
Pilates intermedio
200-300 kcal



15:00 - 60' Sala corsi - Laura
Yoga Postural
200-300 kcal



16:30 - 50' - Marco - Federica
Ginnastica Posturale



17:30 - 60' Sala corsi - Laura
Dynamic Yoga
400-600 kcal



18:50 - 45' Sala corsi - Adele
Pilates Basic/Intermedio
200-300 kcal



19:30 - 30' Sala Omnia - Vladimiro
Omnia Hiit
400-600 kcal



19:40 - 45' Sala corsi - Adele
Pilates Inter./Avan.
200-330 kcal



20:00 - 30' Sala Omnia - Vladimiro
Omnia Hiit
400-600 kcal

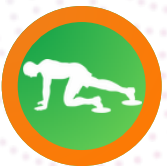
VENERDÌ



09:30 - 50' Sala corsi - Antonella
Pilates Basic
150-200 kcal



10:30 - 50' Sala corsi - Antonella
Metabolic Circuit
400-600 kcal



11:30 - 50' Sala corsi - Antonella
Pilates intermedio
200-300 kcal



13:45 - 45' Sala corsi - Vladimiro
Functional Endurance
400-600 kcal



17:00 - 50' - Marco - Federica
Ginnastica Posturale



19:00 - 60' Sala corsi - Luigi
Kombat Burn
500-700 kcal

SABATO



09:30 - 45' Sala corsi - Antonella/Adele
Pilates Basic
150-200 kcal



10:15 - 45' Sala corsi - Antonella/Adele
Pilates intermedio
200-300 kcal



11:30 - 60' Sala corsi - Laura
Meditazione - un incontro al mese
150-200 kcal



16:00 - 60' Sala corsi
Special Event

NEW