NICHÉ
PALINSESTO CORSI 2026-27



LUNEDÌ

SALA CORSI E OMNIA

09:30 50' Sala corsi - Antonella
Pilates Basic 175 kcal

10:30 50' Sala corsi - Antonella
Metabolic Circuit 500 kcal

11:30 50' Sala corsi - Antonella
Pilates Basic/inter. 250 kcal

13:45 45' Sala corsi - Vladimiro
Functional Strength 500 kcal

17:00 50' Sala corsi - Marco/Federica
Ginnastica Posturale

18:30 45' Sala corsi - Annarita
Pilates Inter./avan. 250 kcal

19:15 45' Sala corsi - Federica
Functional Strength 500 kcal

20:00 60' Sala corsi - Luigi
Kombat Challenge 600 kcal

SALA REFORMER

08:30 Sala Reformer - 50' Antonella
Reformer basic

18:00 Sala Reformer - 50' Pasquale
Reformer intermedio

19:00 Sala Reformer - 50' Pasquale
Reformer inter./avan.

20:00 Sala Reformer - 50' Pasquale
Reformer avanzato

NICHÉ
PALINSESTO CORSI 2026-27



MARTEDÌ

SALA CORSI E OMNIA

09:30 50' Sala corsi - Annarita
Pilates Basic 175 kcal

10:30 50' Sala corsi - Annarita
Pilates Basic/inter. 250 kcal

12:30 60' Sala corsi - Laura
Yoga Postural 250 kcal

13:30 30' Sala corsi - Laura
Meditazione 175 kcal

16:30 50' Sala corsi - Marco/Federica
Ginnastica Posturale

18:45 50' Sala corsi - Adele
Pilates Basic/inter. 250 kcal

19:30 30' Sala Omnia - Vladimiro
Omnia HIIT 500 kcal

19:40 45' Sala corsi - Adele
Pilates Inter/avanz. 250 kcal

20:00 30' Sala Omnia - Vladimiro
Omnia HIIT 500 kcal

SALA REFORMER

12:30 Sala Reformer - 50' Pasquale
Reformer functional

13:30 Sala Reformer - 50' Pasquale
Reformer miofasciale

17:30 Sala Reformer - 50' Laura
Reformer inter./avan.

18:30 Sala Reformer - 50' Laura
Reformer inter./avan.

19:30 Sala Reformer - 50' Laura
Reformer inter./avan.

20:30 Sala Reformer - 50' Adele
Reformer inter./avan.

NICHÉ
PALINSESTO CORSI 2026-27



MERCOLEDÌ

SALA CORSI E OMNIA

09:30 50' Sala corsi - Antonella
Pilates Basic 175 kcal

10:30 50' Sala corsi - Antonella
Pilates Basic/inter. 250 kcal

11:30 45' Sala corsi - Vladimiro
Core Training 325 kcal

13:45 45' Sala corsi - Federica
Functional Hiit 625 kcal

17:00 50' Sala corsi - Marco/Federica
Ginnastica Posturale

18:30 45' Sala corsi - Annarita
Pilates Inter/avanz. 250 kcal

19:15 45' Sala corsi - Vladimiro
Functional Hiit 625 kcal

20:00 60' Sala corsi - Luigi
Kombat Burn 6250 kcal

SALA REFORMER

08:30 Sala Reformer - 50' Antonella
Reformer basic

11:30 Sala Reformer - 50' Antonella
Reformer basic

18:00 Sala Reformer - 50' Pasquale
Reformer intermedio

19:00 50' Pasquale
Reformer inter./avan.

20:00 Sala Reformer - 50' Pasquale
Reformer avanzato

NICHÉ
PALINSESTO CORSI 2026-27



GIOVEDÌ

SALA CORSI E OMNIA

09:30 50' Sala corsi - Annarita
Pilates Basic 175 kcal

10:30 50' Sala corsi - Annarita
Pilates Basic/inter. 250 kcal

15:00 60' Sala corsi - Laura
Yoga Postural 250 kcal

16:30 50' Sala corsi - Marco/Federica
Ginnastica Posturale

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

18:50 50' Sala corsi - Adele
Pilates Basic/inter. 250 kcal

19:30 30' Sala Omnia - Vladimiro
Omnia HIIT 400 kcal

19:40 45' Sala corsi - Adele
Pilates Inter/avanz. 250 kcal

20:00 30' Sala Omnia - Vladimiro
Omnia HIIT 400 kcal

SALA REFORMER

08:30 Sala Reformer - 50'
Reformer inter./avan.

12:30 Sala Reformer - 50' Pasquale
Reformer functional

13:30 Sala Reformer - 50' Pasquale
Reformer miofasciale

17:30 Sala Reformer - 50' Laura
Reformer inter./avan.

18:30 Sala Reformer - 50' Laura
Reformer inter./avan.

19:30 Sala Reformer - 50' Laura
Reformer inter./avan.

20:30 Sala Reformer - 50' Adele
Reformer inter./avan.

NICHÉ
PALINSESTO CORSI 2026-27



VENERDÌ

SALA CORSI E OMNIA

09:30 50' Sala corsi - Antonella
Pilates Basic 175 kcal

10:30 50' Sala corsi - Antonella
Metabolic Circuit 500 kcal

11:30 50' Sala corsi - Antonella
Pilates Intermedio 250 kcal

13:45 45' Sala corsi - Vladimiro
Functional Endurance 500 kcal

17:00 50' Sala corsi - Marco/Federica
Ginnastica Posturale

19:00 60' Sala corsi - Luigi
Kombat Burn 625 kcal

SALA REFORMER

08:30 Sala Reformer - 50' Antonella
Reformer inter./avan.

NICHÉ
PALINSESTO CORSI 2026-27



SABATO

SALA CORSI E OMNIA

09:30 50' Sala corsi - Antonella/Adele
Pilates Basic 175 kcal

10:30 50' Sala corsi - Antonella/Adele
Pilates Intermedio 250 kcal

13:30 30' Sala corsi - Laura
Meditazione 175 kcal

16:00 60' Sala corsi
Special Event NEW

SALA REFORMER

11:00 Sala Reformer 50' Antonella/Adele
Reformer basic

12:00 Sala Reformer 50' Antonella/Adele
Reformer intermedio