

CALENDARIO 2026/2027



SCEGLI LO STUDIO

ROSÀ - ROMANO - BASSANO
CASTELFRANCO - TREVISO

SCEGLI I TUOI ALLENAMENTI

R3FORM - MATWORK

SCEGLI IL TUO ORARIO

AM - LUNCH - PM

	LUN	MAR	MER	GIO	VEN	SAB
AM			09:00-09:50 STRETCH FLOW R3FORM 10:00-10:50 TOTAL BODY R3FORM 11:00-11:50 STRONG SPINE R3FORM		07:30-08:20 STRETCH FLOW R3FORM 08:30-09:20 STRONG CORE R3FORM 09:30-10:20 STRONG CORE R3FORM 10:30-11:20 TOTAL BODY / STRONG SPINE R3FORM	08:00-08:50 TOTAL BODY R3FORM 09:00-09:50 TOTAL BODY R3FORM
LUNCH	12:00-12:50 TOTAL BODY / LEGS ON FIRE R3FORM 13:00-13:50 STRONG CORE R3FORM 14:00-14:50 LEGS ON FIRE R3FORM		12:00-12:50 STRONG SPINE / TOTAL BODY R3FORM 13:00-13:50 TOTAL BODY R3FORM 14:00-14:50 STRETCH FLOW R3FORM			
PM	17:00-17:50 TOTAL BODY R3FORM 18:00-18:50 STRONG CORE / TOTAL BODY R3FORM 19:00-19:50 TOTAL BODY R3FORM		16:00-16:50 STRETCH FLOW R3FORM 17:00-17:50 STRONG SPINE R3FORM 18:00-18:50 LEGS ON FIRE / TOTAL BODY R3FORM 19:00-19:50 TOTAL BODY R3FORM		16:00-16:50 TOTAL BODY R3FORM 17:00-17:50 SUPER BOOTY / TOTAL BODY R3FORM 18:00-18:50 SUPER BOOTY R3FORM	



	LUN	MAR	MER	GIO	VEN	SAB
AM	07:00-07:50 STRONG CORE BASE R3FORM 09:00-09:50 TOTAL BODY BASE / STRONG CORE BASE R3FORM 10:00-10:50 SUPER BOOTY INTERMEDIO R3FORM	11:00-11:50 TOTAL BODY INTERMEDIO R3FORM		07:00-07:50 TOTAL BODY BASE R3FORM 08:00-08:50 TOTAL BODY INTERMEDIO R3FORM 09:00-09:50 LEGS ON FIRE AVANZATO R3FORM 10:00-10:50 STRONG SPINE BASE / TOTAL BODY BASE R3FORM		09:00-09:50 TOTAL BODY BASE R3FORM 10:00-10:50 TOTAL BODY INTERMEDIO R3FORM
LUNCH		12:00-12:50 TOTAL BODY AVANZATO R3FORM 13:00-13:50 TOTAL BODY BASE / LEGS ON FIRE BASE R3FORM 14:00-14:50 TOTAL BODY INTERMEDIO R3FORM		12:00-12:50 STRONG SPINE BASE / TOTAL BODY BASE R3FORM 13:00-13:50 TOTAL BODY AVANZATO R3FORM	12:00-12:50 TOTAL BODY INTERMEDIO R3FORM 13:00-13:50 STRONG CORE INTERMEDIO R3FORM 14:00-14:50 STRONG CORE INTERMEDIO / TOTAL BODY INTERMEDIO R3FORM	
PM	18:00-18:50 SUPER BOOTY INTERMEDIO R3FORM 19:00-19:50 SUPER BOOTY INTERMEDIO / TOTAL BODY INTERMEDIO R3FORM 20:00-20:50 STRONG CORE INTERMEDIO R3FORM	18:00-18:50 TOTAL BODY BASE / SUPER BOOTY BASE R3FORM 19:00-19:50 TOTAL BODY INTERMEDIO R3FORM 20:00-20:50 TABATA R3FORM	15:00-15:50 TOTAL BODY INTERMEDIO / LEGS ON FIRE INTERMEDIO R3FORM 16:00-16:50 TOTAL BODY BASE R3FORM 17:00-17:50 TOTAL BODY AVANZATO R3FORM 18:00-18:50 SUPER BOOTY INTERMEDIO R3FORM 19:00-19:50 TOTAL BODY INTERMEDIO R3FORM	16:00-16:50 LEGS ON FIRE BASE R3FORM 17:00-17:50 LEGS ON FIRE BASE / TOTAL BODY BASE R3FORM 18:00-18:50 STRETCH FLOW INTERMEDIO R3FORM 19:00-19:50 LEGS ON FIRE INTERMEDIO R3FORM 20:00-20:50 TOTAL BODY AVANZATO R3FORM	15:00-15:50 TOTAL BODY INTERMEDIO R3FORM 17:00-17:50 LEGS ON FIRE INTERMEDIO R3FORM 18:00-18:50 STRONG CORE INTERMEDIO R3FORM 19:00-19:50 TOTAL BODY INTERMEDIO / SUPER BOOTY INTERMEDIO R3FORM	

	LUN	MAR	MER	GIO	VEN	SAB
AM	07:00-07:50 PILATES R3FORM 08:00-08:50 PILATES R3FORM 09:00-09:50 STRONG SPINE BASE R3FORM 10:00-10:50 STRONG SPINE INTERMEDIO R3FORM	07:10-08:00 PILATES R3FORM 08:10-09:00 STRETCH FLOW R3FORM 09:10-10:00 PILATES R3FORM	08:00-08:50 YOGA REFORMER R3FORM 09:00-09:50 BEGINNERS R3FORM	06:10-07:00 PILATES R3FORM 07:10-08:00 PILATES R3FORM 08:10-09:00 PILATES R3FORM 09:10-10:00 TOTAL BODY INTERMEDIO R3FORM 10:10-11:00 STRONG CORE INTERMEDIO R3FORM	06:55-07:45 PILATES R3FORM 11:20-12:10 PILATES R3FORM	08:30-09:20 PILATES R3FORM 09:30-10:20 PILATES R3FORM 10:30-11:20 PILATES R3FORM
LUNCH	12:45-13:35 PILATES R3FORM	13:00-13:50 PILATES R3FORM	12:40-13:30 PILATES R3FORM	13:10-14:00 PILATES R3FORM	12:15-13:05 STRONG CORE INTERMEDIO R3FORM 13:10-14:00 PILATES R3FORM 14:50-15:40 TOTAL BODY BASE R3FORM	
PM	17:30-18:30 PILATES R3FORM 18:30-19:20 PILATES INTERMEDIO R3FORM 19:30-20:20 PILATES INTERMEDIO R3FORM	16:30-17:20 PILATES R3FORM 17:30-18:20 PILATES R3FORM 18:30-19:20 PILATES R3FORM 19:30-20:20 PILATES R3FORM	17:00-17:50 BEGINNERS R3FORM 18:00-18:50 PILATES INTERMEDIO R3FORM 19:00-19:50 PILATES R3FORM	17:30-18:20 PILATES R3FORM 19:30-20:20 TOTAL BODY INTERMEDIO R3FORM 20:30-21:20 PILATES R3FORM	19:00-19:50 STRETCH FLOW INTERMEDIO R3FORM	

	LUN	MAR	MER	GIO	VEN	SAB
AM			07:00-07:50 PILATES MORNING FLOW			
LUNCH						
PM				18:30-19:20 PILATES MAT.	18:00-18:50 PILATES MAT.	

	LUN	MAR	MER	GIO	VEN	SAB
AM	06:45-07:35 FUNCTIONAL TRAINING MINI CLASS 07:00-07:50 PILATES R3FORM 08:00-08:50 PILATES R3FORM 09:00-09:50 BEGINNERS R3FORM	06:10-07:00 PILATES R3FORM 07:10-08:00 PILATES R3FORM 08:10-09:00 TOTAL BODY INTERMEDIO R3FORM 09:40-10:30 PILATES R3FORM 10:40-11:30 PILATES R3FORM	07:10-08:00 PILATES R3FORM 08:10-09:00 DYNAMIC REFORM R3FORM 09:10-10:00 PILATES R3FORM	06:45-07:35 FUNCTIONAL TRAINING MINI CLASS 07:00-07:50 PILATES R3FORM 08:00-08:50 PILATES R3FORM 09:00-09:50 STRETCH FLOW INTERMEDIO R3FORM	07:00-07:50 PILATES R3FORM 08:00-08:50 DYNAMIC REFORM R3FORM	08:30-09:20 PILATES R3FORM 09:30-10:20 DYNAMIC REFORM R3FORM 10:30-11:20 TONE AND DRAIN R3FORM
LUNCH	12:45-13:35 PILATES R3FORM 14:30-15:20 TOTAL BODY INTERMEDIO R3FORM	13:00-13:50 PILATES R3FORM	12:45-13:35 PILATES R3FORM 13:40-14:30 STRONG SPINE INTERMEDIO R3FORM	13:00-13:50 KILLER R3FORM 14:30-15:20 STRONG CORE INTERMEDIO R3FORM	12:50-13:40 FUNCTIONAL REFORM R3FORM	
PM	17:10-18:00 PILATES R3FORM 17:40-18:30 FUNCTIONAL TRAINING MINI CLASS 18:10-19:00 LEGS ON FIRE INTERMEDIO R3FORM 19:30-20:20 PILATES R3FORM 20:30-21:20 DYNAMIC REFORM R3FORM	17:30-18:20 PILATES R3FORM 18:30-19:20 PILATES R3FORM 19:30-20:20 KILLER R3FORM	17:30-18:20 DYNAMIC REFORM R3FORM 18:30-19:20 DYNAMIC REFORM R3FORM 19:30-20:20 PILATES R3FORM	16:30-17:20 STRETCH FLOW BASE R3FORM 17:30-18:20 DYNAMIC REFORM R3FORM 18:30-19:20 TOTAL BODY INTERMEDIO R3FORM 19:30-20:20 KILLER R3FORM 20:30-21:10 PILATES R3FORM	17:40-18:30 FUNCTIONAL TRAINING MINI CLASS 19:00-19:50 FRIDAY DISCO NIGHT R3FORM	

	LUN	MAR	MER	GIO	VEN	SAB
AM						10:00-10:50 FUNCTIONAL FITNESS 11:00-11:50 FUNCTIONAL FITNESS
LUNCH	12:40-13:30 PILATES MAT.	13:00-13:50 GRAVIDANZA	12:40-13:30 PILATES	13:00-13:50 REBALANCE		
PM	19:10-20:00 PILATES MAT.	17:15-18:05 FIT REVOLUTION 18:15-19:05 POSTURAL 19:15-20:05 FIT REVOLUTION	17:30-18:20 FUNCTIONAL FITNESS 18:30-19:20 FUNCTIONAL FITNESS 19:30-20:20 FUNCTIONAL FITNESS	18:30-19:20 POSTURAL TRAINING 19:30-20:20 FIT REVOLUTION		

	LUN	MAR	MER	GIO	VEN	SAB
AM	06:50-07:40 PILATES R3FORM 07:50-08:40 PILATES R3FORM 09:10-10:00 TOTAL BODY INTERMEDIO R3FORM 10:10-11:00 PILATES R3FORM	06:40-07:30 PILATES AVANZATO R3FORM 07:40-08:30 STRONG CORE INTERMEDIO R3FORM 08:40-09:30 TOTAL BODY BASE R3FORM 09:40-10:30 PILATES R3FORM	07:15-08:05 PILATES R3FORM 08:10-09:00 PILATES R3FORM 09:10-10:00 STRETCH FLOW INTERMEDIO R3FORM	06:40-07:30 PILATES AVANZATO R3FORM 08:00-08:50 PILATES R3FORM 09:00-09:50 PILATES R3FORM 10:00-10:50 PILATES R3FORM 11:00-11:50 LEGS ON FIRE INTERMEDIO R3FORM	06:40-07:30 FUNCTIONAL REFORM R3FORM 10:00-10:50 STRONG CORE INTERMEDIO R3FORM	
LUNCH	13:00-13:50 TOTAL BODY INTERMEDIO R3FORM	13:00-13:50 PILATES R3FORM 14:00-14:50 SUPER BOOTY INTERMEDIO R3FORM		12:00-12:50 PILATES R3FORM 13:00-13:50 PILATES R3FORM 14:10-15:00 PILATES R3FORM	13:00-13:50 TOTAL BODY INTERMEDIO R3FORM	
PM	17:10-18:00 TOTAL BODY AVANZATO R3FORM 18:10-19:00 PILATES R3FORM 19:10-20:00 STRONG CORE AVANZATO R3FORM	16:00-16:50 PILATES R3FORM 18:10-19:00 PILATES R3FORM 19:10-20:00 DYNAMIC REFORM R3FORM 20:10-21:00 PILATES R3FORM	17:30-18:20 PILATES R3FORM 18:30-19:20 STRONG CORE INTERMEDIO R3FORM 19:30-20:20 PILATES R3FORM 20:30-21:20 DYNAMIC REFORM R3FORM	17:30-18:20 PILATES R3FORM 18:30-19:20 STRONG SPINE INTERMEDIO R3FORM 19:30-20:20 DYNAMIC REFORM R3FORM	17:30-18:20 PILATES R3FORM 18:30-19:20 DYNAMIC REFORM R3FORM	

	LUN	MAR	MER	GIO	VEN	SAB
AM	08:45-09:35 PILATES MAT.	07:00-08:00 MORNING FLOW ONLINE 09:30-11:00 YOGA & MINDFULNESS	09:00-09:50 BALANCE REVOLUTION 11:00-11:50 BODY WEIGHT	08:45-09:35 PILATES MAT.	09:00-09:50 BALANCE REVOLUTION 11:15-12:45 YOGA & MINDFULNESS	08:30-09:30 HATHA YOGA
LUNCH				13:00-13:50 PILATES MAT.		
PM	18:15-19:05 TONIFICAZIONE 19:15-20:15 VINYASA YOGA 20:30-21:30 GENTLE YOGA	17:00-17:50 PILATES MAT. 18:00-18:50 PILATES MAT. 19:00-19:50 PILATES MAT. 20:00-20:50 BODY WEIGHT	18:00-19:00 HATHA FLOW 19:15-20:15 VINYASA YOGA 20:30-21:30 GENTLE YOGA	17:00-17:50 PILATES MAT. 18:10-18:50 PILATES MAT. 20:00-21:00 ODAKA YOGA	18:30-19:20 STRETCHING	