



Wellness Club Sassa

MASTERCLASS MAGGIO 2026

TERRA

11:15-12:15

VEN - 01/05	PUMP: DANIELE
SAB - 02/05	SPINNING: SIMONE
DOM - 03/05	GAG: ELEONORA
SAB - 09/05	TRX: AGOSTINO
DOM - 10/05	CARDIO MOBILITY: DANIELE
GIO - 14/05	SPINNING: SIMONE
SAB - 16/05	CARDIO PUMP: DANIELE
DOM - 17/05	CIRCUIT TRAINING: DANIELE
SAB - 23/05	PILATES: ELEONORA
DOM - 24/05	HIIT: SIMONE
LUN - 25/05	TOTAL BODY: SANDRA
SAB - 30/05	PUMP: DANIELE
DOM - 31/05	JUMP&TONE: SANDRA

ACQUA

10:00-10:45 / 11:00-11:45

SAB - 02/05	ACQUAGYM / HYDROBIKE: DENISE
SAB - 23/05	ACQUAGYM / HYDROBIKE: EVA