



Wellness Club Sassa

# CORSI TERRA/LAND COURSES

DAL 04.05.2026 AL 10.05.2026



Wellness Club Sassa

LUNEDÌ/MONDAY	MARTEDÌ/TUESDAY	MERCOLEDÌ/WEDNESDAY	GIOVEDÌ/THURSDAY	VENERDÌ/FRIDAY	WEEKEND
09:15-09:45 <b>UPPER BODY</b> Sandra	09:15-10:00 <b>GAG</b> Eleonora	09:15-10:00 <b>FATBURNER</b> Sandra	09:15-10:00 <b>HIIT</b> Simone		11:15-12:15 <b>MASTER CLASS</b> Vedi Masterclass
09:45 - 10:15 <b>LOWER BODY</b> Sandra	10:10-10:40 <b>MYOFASCIAL RELEASE</b> Eleonora	10:10-10:55 <b>PILATES</b> Eleonora	10:10-10:40 <b>POWER CORE</b> Eleonora		
10:15-10:45 <b>STRETCHING</b> Sandra	11:00-11:45 <b>DANCE FIT</b> Jorge		11:00-11:45 <b>DANCE FIT</b> Jorge		
11:00-11:45 <b>SPINNING</b> Ingrid					
12:30-13:15 <b>PILATES</b> Vincenza	12:30-13:15 <b>SPINNING</b> Ingrid	12:30-13:15 <b>JUMP &amp; TONE</b> Sandra	12:30-13:15 <b>SPINNING</b> Simone		
15:00-15:45 <b>POSTURAL-MOBILITY</b> Vincenza	13:45-15:00 <b>YOGA</b> Anna	15:00-15:45 <b>POSTURAL-MOBILITY</b> Eleonora	13:45-15:00 <b>YOGA</b> Giulia	15:00-15:45 <b>POSTURAL-MOBILITY</b> Vincenza	
16:00-16:45 <b>GYM FIT</b> Daniele	15:15-16:00 <b>PANCAFIT</b> Eleonora		15:15-16:00 <b>GYM FIT</b> Denise		
17:20-17:50 <b>POWER CORE</b> Vincenza	18:30-19:15 <b>PUMP</b> Daniele	17:00-17:30 <b>POWER CORE</b> Vincenza	18:30-19:15 <b>PUMP</b> Daniele	17:00-17:45 <b>PILATES</b> Vincenza	
18:00-18:45 <b>PILATES</b> Vincenza	19:30-20:15 <b>PANCAFIT</b> Denise	17:30-18:15 <b>PILATES</b> Vincenza	19:30-20:15 <b>PILATES</b> Denise	18:00-18:45 <b>SPINNING</b> Simone	
19:00-19:45 <b>SPINNING</b> Simone		18:20-19:05 <b>HIIT</b> Daniele	19:15-20:00 <b>SPINNING</b> Ingrid		

LEGENDA/KEY:

**FACILE/EASY**

**MEDIO/MEDIUM**

**DIFFICILE/HARD**

Orari/Times Wellness Club Sassa: Lunedì/Monday - Giovedì/Thursday 06:30-21:30 Venerdì/Friday 06:30-21:00 Weekend e Festivi/Holiday 08:00-20:00

Gli orari e/o istruttori dei corsi potrebbero subire variazioni a seconda delle necessità. È **RICHIESTA** la prenotazione ai corsi, garantiti con un **MINIMO di 2 persone**.

Course timetables and/or instructors are subject to change as required. Booking is **REQUIRED** for courses, which are guaranteed to run with a **MINIMUM of 2 participants**. □

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Wellness Club Sassa

# CORSI TERRA/LAND COURSES

DAL 11.05.2026 AL 17.05.2026



Wellness Club Sassa

LUNEDÌ/MONDAY	MARTEDÌ/TUESDAY	MERCOLEDÌ/WEDNESDAY	GIOVEDÌ/THURSDAY	VENERDÌ/FRIDAY	WEEKEND
09:15-09:45 <b>UPPER BODY</b> Sandra	09:15-10:00 <b>GAG</b> Sandra	09:15-10:00 <b>FATBURNER</b> Sandra	11:15-12:15 <b>MASTER CLASS</b> Vedi Masterclass	09:15-10:00 <b>PUMP</b> Daniele	11:15-12:15 <b>MASTER CLASS</b> Vedi Masterclass
09:45 - 10:15 <b>LOWER BODY</b> Sandra	11:00-11:45 <b>DANCE FIT</b> Jorge			10:15-11:00 <b>PANCAFIT</b> Daniele	
10:15-10:45 <b>STRETCHING</b> Sandra					
11:00-11:45 <b>SPINNING</b> Ingrid					
12:30-13:15 <b>PILATES</b> Vincenza	12:30-13:15 <b>SPINNING</b> Ingrid	12:30-13:15 <b>JUMP &amp; TONE</b> Sandra		12:30-13:15 <b>PUMP</b> Daniele	
15:00-15:45 <b>POSTURAL-MOBILITY</b> Vincenza	13:45-15.00 <b>YOGA</b> Anna			15:00-15:45 <b>POSTURAL-MOBILITY</b> Vincenza	
16:00-16:45 <b>GYM FIT</b> Daniele	15:15-16:00 <b>PANCAFIT</b> Daniele				
17:20-17:50 <b>POWER CORE</b> Vincenza	18:30-19:15 <b>PUMP</b> Daniele	17:00-17:30 <b>POWER CORE</b> Vincenza		17:00-17:45 <b>PILATES</b> Vincenza	
18:00-18:45 <b>PILATES</b> Vincenza	19:30-20:15 <b>PANCAFIT</b> Denise	17:30-18:15 <b>PILATES</b> Vincenza		18:00-18:45 <b>SPINNING</b> Simone	
19:00-19:45 <b>SPINNING</b> Simone		18:20-19:05 <b>HIIT</b> Daniele			
		19:15-20:00 <b>SPINNING</b> Ingrid			
LEGENDA/KEY: <b>FACILE/EASY</b> <b>MEDIO/MEDIUM</b> <b>DIFFICILE/HARD</b>					

Orari/Times Wellness Club Sassa: Lunedì/Monday - Giovedì/Thursday 06:30-21:30 Venerdì/Friday 06:30-21:00 Weekend e Festivi/Holiday 08:00-20:00

Gli orari e/o istruttori dei corsi potrebbero subire variazioni a seconda delle necessità. È **RICHIESTA** la prenotazione ai corsi, garantiti con un **MINIMO di 2 persone**.Course timetables and/or instructors are subject to change as required. Booking is **REQUIRED** for courses, which are guaranteed to run with a **MINIMUM of 2 participants**. □

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Wellness Club Sassa

# CORSI TERRA/LAND COURSES

DAL 18.05.2026 AL 24.05.2026



Wellness Club Sassa

LUNEDÌ/MONDAY	MARTEDÌ/TUESDAY	MERCOLEDÌ/WEDNESDAY	GIOVEDÌ/THURSDAY	VENERDÌ/FRIDAY	WEEKEND
09:15-09:45 <b>UPPER BODY</b> Sandra	09:15-10:00 <b>GAG</b> Eleonora	09:15-10:00 <b>FATBURNER</b> Sandra	09:15-10:00 <b>HIIT</b> Simone	09:15-10:00 <b>PUMP</b> Daniele	11:15-12:15 <b>MASTER CLASS</b> Vedi Masterclass
09:45 - 10:15 <b>LOWER BODY</b> Sandra	10:10-10:40 <b>MYOFASCIAL RELEASE</b> Eleonora	10:10-10:55 <b>PILATES</b> Eleonora	10:10-10:40 <b>POWER CORE</b> Eleonora	10:15-11:00 <b>PANCAFIT</b> Daniele	
10:15-10:45 <b>STRETCHING</b> Sandra	11:00-11:45 <b>DANCE FIT</b> Jorge		11:00-11:45 <b>DANCE FIT</b> Jorge		
11:00-11:45 <b>SPINNING</b> Ingrid					
12:30-13:15 <b>PILATES</b> Vincenza	12:30-13:15 <b>SPINNING</b> Ingrid	12:30-13:15 <b>JUMP &amp; TONE</b> Sandra	12:30-13:15 <b>SPINNING</b> Simone	12:30-13:15 <b>PUMP</b> Daniele	
15:00-15:45 <b>POSTURAL-MOBILITY</b> Vincenza	13:45-15:00 <b>YOGA</b> Anna	15:00-15:45 <b>POSTURAL-MOBILITY</b> Eleonora	13:45-15:00 <b>YOGA</b> Giulia	15:00-15:45 <b>POSTURAL-MOBILITY</b> Vincenza	
16:00-16:45 <b>GYM FIT</b> Daniele	15:15-16:00 <b>PANCAFIT</b> Eleonora		15:15-16:00 <b>GYM FIT</b> Denise		
17:20-17:50 <b>POWER CORE</b> Vincenza	18:30-19:15 <b>PUMP</b> Daniele	17:00-17:30 <b>POWER CORE</b> Vincenza	18:30-19:15 <b>PUMP</b> Daniele	17:00-17:45 <b>PILATES</b> Vincenza	
18:00-18:45 <b>PILATES</b> Vincenza	19:30-20:15 <b>PANCAFIT</b> Denise	17:30-18:15 <b>PILATES</b> Vincenza	19:30-20:15 <b>PILATES</b> Denise	18:00-18:45 <b>SPINNING</b> Simone	
19:00-19:45 <b>SPINNING</b> Simone		18:20-19:05 <b>HIIT</b> Daniele			
		19:15-20:00 <b>SPINNING</b> Ingrid			

LEGENDA/KEY:

FACILE/EASY

MEDIO/MEDIUM

DIFFICILE/HARD

Orari/Times Wellness Club Sassa: Lunedì/Monday - Giovedì/Thursday 06:30-21:30 Venerdì/Friday 06:30-21:00 Weekend e Festivi/Holiday 08:00-20:00

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Wellness Club Sassa

# CORSI TERRA/LAND COURSES

DAL 25.05.2026 AL 31.05.2026



Wellness Club Sassa

LUNEDÌ/MONDAY	MARTEDÌ/TUESDAY	MERCOLEDÌ/WEDNESDAY	GIOVEDÌ/THURSDAY	VENERDÌ/FRIDAY	WEEKEND
11:15-12:15 <b>MASTER CLASS</b> Vedi Masterclass	09:15-10:00 <b>GAG</b> Eleonora	09:15-10:00 <b>FATBURNER</b> Sandra	09:15-10:00 <b>HIIT</b> Simone	09:15-10:00 <b>PUMP</b> Daniele	11:15-12:15 <b>MASTER CLASS</b> Vedi Masterclass
	10:10-10:40 <b>MYOFASCIAL RELEASE</b> Eleonora	10:10-10:55 <b>PILATES</b> Eleonora	10:10-10:40 <b>POWER CORE</b> Eleonora	10:15-11:00 <b>PANCAFIT</b> Daniele	
	11:00-11:45 <b>DANCE FIT</b> Jorge		11:00-11:45 <b>DANCE FIT</b> Jorge		
	12:30-13:15 <b>SPINNING</b> Ingrid	12:30-13:15 <b>JUMP &amp; TONE</b> Sandra	12:30-13:15 <b>SPINNING</b> Simone	12:30-13:15 <b>PUMP</b> Daniele	
	13:45-15:00 <b>YOGA</b> Anna	15:00-15:45 <b>POSTURAL-MOBILITY</b> Eleonora	13:45-15:00 <b>YOGA</b> Giulia	15:00-15:45 <b>POSTURAL-MOBILITY</b> Vincenza	
	15:15-16:00 <b>PANCAFIT</b> Eleonora		15:15-16:00 <b>GYM FIT</b> Denise		
	18:30-19:15 <b>PUMP</b> Daniele	17:00-17:30 <b>POWER CORE</b> Vincenza	18:30-19:15 <b>PUMP</b> Daniele	17:00-17:45 <b>PILATES</b> Vincenza	
	19:30-20:15 <b>PANCAFIT</b> Denise	17:30-18:15 <b>PILATES</b> Vincenza	19:30-20:15 <b>PILATES</b> Denise	18:00-18:45 <b>SPINNING</b> Simone	
		18:20-19:05 <b>HIIT</b> Daniele			
		19:15-20:00 <b>SPINNING</b> Ingrid			
	LEGENDA/KEY:	<b>FACILE/EASY</b>	<b>MEDIO/MEDIUM</b>	<b>DIFFICILE/HARD</b>	

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