

ORARIO CORSI 2023-2024

segui sui nostri social



scarica l'app **My iClub**



Legenda: ■ posturale ■ fitness ■ funzionale ■ combat ■ spinning ■ young

	lunedì			mercoledì			venerdì		
	STUDIO FITNESS	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO FITNESS	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO FITNESS	STUDIO COMBACT	STUDIO FUNCTIONAL
07:00 08:00	pilates antonio			pilates antonio			pilates antonio		
08:00 09:00	pilates antonio		body endurance alice	pilates antonio		body endurance alice	pilates antonio		body endurance alice
09:00 10:00	total body antonio		functional tools enrico	total body antonio		functional tools enrico	total body antonio		functional tools enrico
10:00 11:00	pilates antonio			pilates antonio			pilates antonio		
12:30 13:30			functional tools enrico			functional tools enrico			functional tools enrico
13:30 14:30	spinning flor	pre- pugilistica lorenzo	circuito camilla	spinning flor	pre- pugilistica lorenzo	circuito camilla	spinning flor	pre- pugilistica lorenzo	circuito camilla
15:30 16:30	total body antonio			total body antonio			total body antonio		
17:00 18:00	gym&gag marzia v.	kick under 16 francesco		gym&gag marzia v.	kick under 16 francesco		step&tone marzia v.	kick under 16 francesco	
18:00 19:00	step&tone marzia v.	kick under 18 francesco		circuit tone marzia v.	kick under 18 francesco		gym&gag marzia v.	kick boxing francesco	
19:00 20:00	interval training fabrizio		cross funzionale luca	interval training fabrizio		cross funzionale luca	pilates fabrizio		cross funzionale luca
20:00 21:00	total body fabrizio	kick boxing 20:00-21:30 francesco	cross funzionale luca	pilates fabrizio	kick boxing 20:00-21:30 francesco	cross funzionale luca	interval training fabrizio	kick boxing 20:00-21:30 francesco	

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	martedì			giovedì			sabato		
	STUDIO FITNESS	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO FITNESS	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO FITNESS	STUDIO COMBACT	STUDIO FUNCTIONAL
08:00 09:00	spinning alessandro			spinning alessandro					
09:00 10:00	HIIT alessandro			HIIT alessandro			spinning patrizio		
11:00 12:00			HIIT alessandro			HIIT alessandro			
13:30 14:30	yogapower eleonora		HIIT alessandro	yogapower eleonora		HIIT alessandro	step&tone eleonora		
14:30 15:30							gyrokinesis eleonora		
16:00 17:00			calisthenics under 16 lorenzo			calisthenics under 16 lorenzo	zumba connie		
17:00 18:00	pilates antonio		calisthenics alessandro l.	pilates antonio		calisthenics alessandro l.			calisthenics ale l.
18:00 19:00	functional areo tone fabrizio		calisthenics alessandro l.	functional step tone fabrizio		calisthenics alessandro l.			
19:00 20:00	total body marzia t.		gyrokinesis eleonora	total body marzia t.		gyrokinesis eleonora			
20:00 21:00	zumba connie	gym boxe diego	cross funzionale enrico	zumba connie	gym boxe diego	cross funzionale enrico			
21:00 22:00									

ORARI CENTRO FITNESS

Lun-Ven 07:00-22:30 (chiusura centro 22:45)

Sab 08:00-18:45 (chiusura centro 19:00)

Dom 10:00-13:45 (chiusura centro 14:00)