

# ORARIO CORSI 2024-2025

segui sui nostri social



scarica l'app **Tommy's Mobile**



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

	lunedì			mercoledì			venerdì		
	STUDIO ENERGY	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO ENERGY	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO ENERGY	STUDIO COMBACT	STUDIO FUNCTIONAL
07:00 08:00	pilates antonio			pilates antonio			pilates antonio		
08:00 09:00	pilates antonio		body endurance	pilates antonio		body endurance	pilates antonio		body endurance
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 alessandro	circuito camilla	spinning flor	pre- pugilistica alessandro	circuito camilla	spinning flor	pre- pugilistica alessandro	circuito camilla
15:30 16:30	total body antonio		yoga <sup>new</sup> nadine	total body antonio		yoga <sup>new</sup> nadine	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	on ramp <sup>new</sup> luca	circuit tone marzia v.	kick under 18 francesco	on ramp <sup>new</sup> luca	gym&gag marzia v.	kick boxing francesco	
19:00 20:00	interval training fabrizio	pre- pugilistica alessandro <sup>new</sup>	cross funzionale luca	interval training fabrizio	pre- pugilistica alessandro <sup>new</sup>	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 ENERGY	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO ENERGY	STUDIO COMBACT	STUDIO FUNCTIONAL	STUDIO ENERGY	STUDIO COMBACT	STUDIO FUNCTIONAL
08:00 09:00	spinning alessandro		total body alessia	spinning alessandro		total body alessia			
09:00 10:00	posturale alessia		HIIT alessandro	posturale alessia		HIIT alessandro	spinning patrizio	lezione sabato 10:30-11:30 a rotazione	
11:00 12:00			HIIT alessandro			HIIT alessandro			
13:30 14:30	yogapower nadine		HIIT alessandro	yogapower nadine		HIIT alessandro	total body alessia		
14:30 15:30							pilates alessia	On Ramp 15:30-16:30 Enrico/Luca	
16:00 17:00			calisthenics under 16 camilla			calisthenics under 16 camilla	danza classica adulti bianca		
17:00 18:00	pilates antonio	corpea kids under11 diego	calisthenics alessandro l.	pilates antonio	corpea kids under11 diego	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.		yoga nadine	total body marzia t.		yoga nadine			
20:00 21:00	sbarra in piedi bianca	gym boxe 20:00-21:30 diego	cross funzionale enrico	sbarra in piedi bianca	gym boxe 20:00-21:30 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)