

ORARI CORSI FITNESS

DAL 1 AL 14 SETTEMBRE 2025

PRENOTAZIONE OBBLIGATORIA DEI CORSI DI WALK - TRX -UP WARD E JUMP

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO		
	SALA2	SALA 3	SALA 2	SALA 3	SALA 2	SALA 3	SALA 2	SALA 3	SALA 2	SALA 3	SALA 2	SALA 3	
08.00				POSTURAL				POSTURAL		POSTURAL PILATES			08.00
09.00		POSTURAL	YOGA	TOTAL BODY		TONE		PILATES		POSTURAL			09.00
10.00		TOTAL BODY		TONE		GYM DOLCE	MOBILITY	STEP&TONE		GYM DOLCE			10.00
10.30												TOTAL BODY	10.30
11.00		PILATES		POSTURAL		PILATES		GAG		TONE UP			11.00
11.30											YOGA 90'		11.30
13.00		PUMP		FAT BURNING		PILATES		GAG	TRX*				13.00
17.00	TRX*		MOBILITY		TRX*				BARRE				17.00
18.00	FLEX	GAG	PILATES	STEP	PILATES	TABATA	TRX*	POSTURAL	PILATES	TOTAL BODY			18.00
19.00	YOGA	WIP 120'		GAG	YOGA	TOTAL BODY	FLEX	WIP 120'	FLEX	ZUMBA			19.00
20.00				FITBOXE		UP WARD*							20.00

PRENOTAZIONE OBBLIGATORIA DEI CORSI DI WALK - TRX -UP WARD E JUMP

	SALA 1			SALA2			SALA 3			SALA 1			SALA 2			SALA 3			SALA 1			SALA 2			SALA 3																					
07.30							FAST& FURIO Marco G 30'									FAST& FURIO Marco G 30'									07.30																					
08.00	GYM DOLCE Tiziana												POSTURAL Marco G						POSTURAL Emiliano						POSTURAL PILATES Marco G			08.00																		
09.00	TONE Tiziana						POSTURAL Emiliano						YOGA Francesca			TOTAL BODY Marco G						TONE Tiziana			EASY LINE Rox			PILATES Tiziana						POSTURAL Marco G			09.00									
09.30																									JUMP* Betty						PILATES Tiziana			09.30												
10.00							TOTAL BODY Tiziana									TONE Davide			CIRCUIT TRAINING Francesca						GYM DOLCE Tiziana			MOBILITY Rox			STEP&TON E Tiziana						GYM DOLCE Betty			10.00						
10.30																															PILATES Betty						GAG Tiziana			10.30						
11.00							PILATES Tiziana									POSTURAL Davide			JUMP* Francesca						PILATES Tiziana			GAG Tiziana						TONE UP Betty			11.00									
11.30																															YOGA Betty 90'						TOTAL BODY Tiziana			11.30						
13.00							PUMP Tiziana									FAT BURNING Francesca									PILATES Tiziana			GAG Rox			TRX* Yojan									13.00						
16.00	TOTAL BODY Giulia																								POSTURAL Davide																		16.00			
17.00	JUMP* Betty			TRX* Giulia									MOBILITY Rox									TRX* Giulia			CIRCUIT TRAINING Davide												BARRE Denise									17.00
18.00	ABD POWER Marco M			FLEX Giulia			GAG Betty			PILATES Swami			TRX* Marco M			STEP Rox						PILATES Swami			TABATA Giulia			GAG Giulia			TRX* Marco M			POSTURAL Marco G						PILATES Denise			TOTAL BODY Betty			18.00
19.00	ARM WORKOU Giulia			YOGA Betty			WIP Marco M 120'						CORE Marco M			GAG Rox			THAT'S BALL Giulia			YOGA Swami			ZUMBA Denise			WALK* Marco G			FLEX Giulia			WIP Marco M 120'						FLEX Betty			ZUMBA Denise			19.00
20.00																			FITBOXE Marco M									UP WARD* Giulia															20.00			

ORARI GYM FLOOR

IN VIGORE DAL 01/09/25

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDÌ	SABATO	DOMENICA
07:30 - 22:00	07:30 - 22:00	07:30 - 22:00	07:30 - 22:00	07:30 - 22:00	09.00-17.00	09.00-14.00