

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:30-22:30	Body Building/Cardio Fitness ●	Body Building/Cardio Fitness ●	Body Building/Cardio Fitness ●	Body Building/Cardio Fitness ●	Body Building/Cardio Fitness ●	Body B./Cardio F. 08:00-20.00 ●
08:15-09:15	Pilates		Pilates		Pilates	
09:15-10:15	Pilates	G.A.G. ●	Pilates	G.A.G. ●	Pilates	
09:15-10:15	Body Out ●		Body Out ●		Body Out ●	
10:15-11:15	Ever Green ●		Ever Green ●		Ever Green ●	
13:30-14:30	T. Body Functional ●	Functional Boxing ●	ABS & Gluteo ●	Functional Boxing ●	T. Body Functional ●	
13:30-14:30	Pilates	Indoor Cycling ●	Pilates	Indoor Cycling ●	Pilates	
14:30-15:30	Pilates		Pilates		Pilates	
14:30-16:00		Muay Thai		Muay Thai		Muay Thai
15:00-16:00			G. Ritmica Principianti		G. Ritmica Principianti	
16:00-17:00	Ginnastica Correttiva	Karate	Ginnastica Correttiva	Karate	Ginnastica Correttiva	
16:00-17:00			Ginnastica Ritmica		Ginnastica Ritmica	
16:30-18:00		Yoga		Yoga		Boxe
17:00-18:00	Pilates	Karate	Pilates	Karate	Pilates	
17:00-18:00	Functional Training 1° level ●		Functional Training 1° level ●		Functional Training 1° level ●	
18:00-19:00	Zumba ●	Jumping ●	Zumba ●	Jumping ●	Zumba ●	Ginnastica Ritmica
18:00-19:00	Pilates	Pilates	Pilates	Pilates	Pilates	
19:00-20:00		Pilates		Pilates		
19:00-20:00	Functional Training Advanced level ●	Cross Training ●	Functional Training Advanced level ●	Cross Training ●	Functional Training Advanced level ●	
20:00-21:00	Indoor Cycling ●	Functional Boxing ●	Indoor Cycling ●	Functional Boxing ●	Indoor Cycling ●	
20:00-21:00	Functional Training 1° level ●		Functional Training 1° level ●		Functional Training 1° level ●	
21:00-22:30		Boxe		Boxe		

PLANNING PALESTRA

Gli orari delle lezioni potrebbero subire delle variazioni.

Attività su prenotazione*.

Tutte le nostre discipline ginniche sono finalizzate alla salute ed al fitness con diverse metodologie applicative: Pilates, Body Out, Aerokickboxing, Functional boxing, Yoga, Ever Green, Jumping, Functional Training, Zumba, Total Body Workout, Cross Training.

BASSA INTENSITÀ



MEDIA INTENSITÀ



ALTA INTENSITÀ



● ATTIVITÀ ABBONAMENTO OPEN