

MASTER GYM CLUB società sportiva dilettantistica a rl

| LUNEDI | | | MARTEDI | | | MERCOLEDI | | | GIOVEDI | | | VENERDI | | | SABATO | | |
|-------------|---------------------|--------------|-------------|---------------------|--------|-------------|-----------------|--------|-------------|-----------------|--------|-------------|----------------------|--------|-------------|-----------|-------|
| ORARIO | ATTIVITA' | SALA | ORARIO | ATTIVITA' | SALA | ORARIO | ATTIVITA' | SALA | ORARIO | ATTIVITA' | SALA | ORARIO | ATTIVITA' | SALA | ORARIO | ATTIVITA' | SALA |
| 09.30-10.30 | WOD | BOX | | | | 09.15-09.45 | PANCAFIT GROUP | NUVOLA | | | | | | | | | |
| 09.30-09.45 | CORE | FUOCO | | | | 09.30-10.30 | WOD | BOX | 09.30-10.30 | WOD | BOX | 09.15-10.15 | INDOOR CYCLING | ARIA | 09.45-10.30 | PILATES | FUOCO |
| 09.45-10.30 | WALKING PROGRAM | FUOCO | 09.45-10.30 | PILATES | FUOCO | | | | 09.45-10.30 | POSTURAL FUSION | FUOCO | 09.30-10.30 | WOD | BOX | 10.00-11.00 | WOD | BOX |
| 10.00-10.30 | PANCAFIT GROUP | NUVOLA | | | | | | | | | | | | | 10.30-11.15 | CRAB BEAT | FUOCO |
| 10.30-11.00 | PANCAFIT GROUP | NUVOLA | | | | | | | | | | | | | 11.00-12.00 | OPEN BOX | BOX |
| 12.15-13.15 | WOD | BOX | 12.15-13.15 | WOD | BOX | 12.15-13.15 | WOD | BOX | 12.15-13.15 | WOD | BOX | 12.15-13.15 | WOD | BOX | | | |
| 12.45-13.30 | FUNCTIONAL TRAINING | FUOCO | 12.45-13.30 | PILATES | FUOCO | 12.45-13.30 | FLYING | FUOCO | 12.45-13.30 | WALKING PROGRAM | FUOCO | | | | | | |
| | | | 17.00-18.00 | WOD TEENS | BOX | | | | 17.00-18.00 | WOD TEENS | BOX | 17.00-18.00 | WOD TEENS | BOX | | | |
| 17.30-18.30 | WOD | BOX | 18.30-19.30 | WOD | BOX | 17.30-18.30 | WOD | BOX | 18.30-19.30 | WOD | BOX | 18.30-19.30 | WOD | BOX | | | |
| 18.40-19.20 | WALKING PROGRAM | FUOCO | 18.40-19.20 | FUNCTIONAL TRAINING | FUOCO | 18.30-19.30 | WOD | BOX | 18.30-18.45 | CORE | FUOCO | 18.40-19.20 | FLYING | FUOCO | | | |
| 18.30-19.30 | WOD | BOX | 18.45-19.15 | PANCAFIT GROUP | NUVOLA | 18.40-19.20 | FBS SEVEN | FUOCO | 18.45-19.15 | INSTABILITY | FUOCO | 18.45-19.15 | PANCAFIT GROUP | NUVOLA | | | |
| 19.20-20.00 | STEP | FUOCO | 19.20-20.00 | PILATES | FUOCO | 19.30-20.30 | COMPETITORS | BOX | 19.30-20.30 | OPEN BOX | BOX | 19.20-20.00 | WALKING PROGRAM | FUOCO | | | |
| 19.30-20.30 | COMPETITORS | BOX | 19.30-20.30 | CALISTHENICS | BOX | 19.45-20.45 | INDOOR CYCLING | ARIA | 19.15-20.00 | PILATES | FUOCO | 19.30-20.30 | CALISTHENICS | BOX | | | |
| 20.00-20.30 | PANCAFIT GROUP | NUVOLA | 20.00-20.40 | CRAB BEAT | FUOCO | 20.00-20.40 | WALKING PROGRAM | FUOCO | 20.00-20.30 | PANCAFIT GROUP | NUVOLA | 20.00-20.40 | FUNCTIONAL ENDURANCE | FUOCO | | | |
| 20.00-20.40 | BUNGEE FLY | FUOCO | 20.30-21.30 | WOD | BOX | 20.30-21.30 | WOD | BOX | 20.00-21.30 | TFS | FUOCO | 20.30-21.30 | WOD | BOX | | | |
| 20.00-21.30 | TFS | ARIA E FUOCO | | | | | | | 20.30-21.30 | WOD | BOX | | | | | | |
| 20.30-21.30 | WOD | BOX | | | | | | | | | | | | | | | |

ORARI DAL
01 AL 31 LUGLIO 2022:
LUN / VEN: 08,00 - 22,00
SABATO: 09,00 - 12,30
DOMENICA: CHIUSO