QUINTO ELEMENTO XXL
AKUA RELAX MOVIMENTO

C.S.I. VARESE

MASTER GYM CLUB società sportiva dilettantistica a rl

planning corsi dal 09 gennaio al 02 luglio 2023

Sala Aria

Sala Nuvola

Sala Fuoco

LUNEDI	
ORARIO	ATTIVITA'
07.00-08.00	WOD
09.30-10.30	WOD
09.45-10.30	WALKING PROGRAM
10.00-10.30	PANCAFIT GROUP
10.30-11.00	PANCAFIT GROUP
12.15-13.15	WOD
12.45-13.30	HIIT
17.15-18.15	WOD
18.15-19.15	WOD
18.40-19.20	WALKING PROGRAM
19.15-20.15	WOD
19.20-20.00	AEROSTEP
19.30-20.15	YOGA
19.30-20.30	INDOOR CYCLING
20.00-21.30	DIFESA PERSONALE
20.15-21.00	YOGA
20.15-21.45	COMPETITORS

MARTEDI	
ORARIO	ATTIVITA'
09.30-10.30	OPEN BOX
09.45-10.30	PILATES
12.15-13.15	WOD
12.45-13.30	PILATES
16.15-17.15	WOD TEENS
17.15-18.15	WOD
18.15-19.15	WOD
18.40-19.20	FUNCTIONAL TRAINING
18.45-19.15	PANCAFIT GROUP
19.15-20.45	CALISTHENICS
19.20-20.00	PILATES
20.00-20.40	CORE SPECIALIST
20.45-21.45	WOD

MERCOLEDI	
ORARIO	ATTIVITA'
07.00-08.00	WOD
09.00-09.30	PANCAFIT GROUP
09.30-10.30	WOD
09.30-10.30	X-WOMEN
12.15-13.15	WEIGHTLIFTING
12.45-13.30	WALKING PROGRAM
17.30-18.30	WOD
18.30-19.30	WOD
18.40-19.20	CRAB
19.30-20.30	WEIGHTLIFTING
19.20-20.00	HIIT
19.45-20.45	INDOOR CYCLING
20.00-20.30	PANCAFIT GROUP
20.00-20.40	WALKING PROGRAM
20.30-21.30	WOD

GIOVEDI	
ORARIO	ATTIVITA'
09.30-10.30	WOD
09.45-10.45	POSTURAL FUSION
12.15-13.15	WOD
12.45-13.30	FUNCTIONAL TRAINING
16.15-17.15	WOD TEENS
17.15-18.15	WOD
18.15-19.15	WOD
18.30-18.45	CORE
18.45-19.15	INSTABILITY
19.15-20.15	WOD
19.15-20.00	PILATES
19.45-21.15	CALISTHENICS
20.00-20.30	PANCAFIT GROUP
20.00-21.30	DIFESA PERSONALE

VENERDI	
ORARIO	ATTIVITA'
07.00-08.00	WOD
09.30-10.30	INDOOR CYCLING
12.15-13.15	WOD
17.00-18.00	WOD
18.00-19.00	WOD
18.40-19.20	FBS SEVEN
18.45-19.15	PANCAFIT GROUP
19.00-20.30	COMPETITORS
19.20-20.00	WALKING PROGRAM
19.30-20.30	INDOOR CYCLING
20.00-20.40	FUNCTIONAL TRAINING
20.30-21.30	WOD

SABATO	
ORARIO	ATTIVITA'
09.45-10.30	PILATES
10.00-11.00	WOD
10.30-11.30	CIRCUIT TRAINING
11.00-12.00	WEIGHTLIFTING
12.00-13.30	OPEN BOX

DOMENICA	
ORARIO	ATTIVITA'
10.30-11.30	OPEN WOD

SALA FUOCO	
SALA NUVOLA	
SALA ARIA	
BOX CrossFit	