



MASTER GYM CLUB società sportiva dilettantistica a rl

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'
07.00-08.00	WOD			07.00-08.00	WOD			07.00-08.00	WOD		
09.30-10.30	WOD			09.00-09.30	PANCAFIT GROUP	09.30-10.30	WOD			09.45-10.30	PILATES
09.45-10.30	WALKING PROGRAM	09.45-10.45	POSTURAL FUSION	09.30-10.30	WOD	09.45-10.30	PILATES			10.00-11.00	WOD
10.00-10.30	PANCAFIT GROUP			09.45-10.30	AEROIMPACT					10.30-11.30	CIRCUIT TRAINING
10.30-11.00	PANCAFIT GROUP									11.00-12.30	OPEN BOX
12.15-13.15	WOD	12.15-13.15	WOD	12.15-13.15	WOD	12.15-13.15	WEIGHTLIFTING	12.15-13.15	WOD	<b>DOMENICA</b>	
12.45-13.30	FUNCTIONAL TRAINING	12.45-13.30	HIIT	12.45-13.30	PILATES	12.45-13.30	WALKING PROGRAM			ORARIO	ATTIVITA'
										10.30-11.30	OPEN WOD
17.15-18.15	WOD	17.15-18.15	WOD	17.15-18.15	WOD	17.15-18.15	WOD	17.15-18.15	WOD		
18.15-19.15	WOD	18.15-19.15	WOD	18.15-19.15	WOD	18.15-19.15	WOD	18.15-19.15	WOD		
18.40-19.20	WALKING PROGRAM	18.45-19.15	CORE CALISTHENICS	18.40-19.20	FUNCTIONAL TRAINING	18.30-19.00	CARDIO IMPACT	18.40-19.20	CRAB		
19.15-20.15	WOD	18.45-19.15	PANCAFIT GROUP	19.15-20.15	WEIGHTLIFTING	19.00-19.45	PILATES	18.45-19.15	PANCAFIT GROUP		
19.20-20.00	HIIT	19.15-20.15	CALISTHENICS	19.20-20.00	FBS SEVEN	19.15-20.15	WOD	19.15-20.45	COMPETITORS		
19.30-20.30	INDOOR CYCLING	19.15-20.00	POSTURAL FUSION	19.30-20.15	YOGA	19.45-20.15	CORE CALISTHENICS	19.20-20.00	WALKING PROGRAM	SALA FUOCO	
20.00-21.30	DIFESA PERSONALE	20.00-20.40	WALKING PROGRAM	19.45-20.45	INDOOR CYCLING	20.15-21.15	CALISTHENICS	19.30-20.30	INDOOR CYCLING	SALA NUVOLO	
20.00-20.30	PANCAFIT GROUP	20.15-21.15	WOD	20.15-21.00	YOGA	20.00-20.30	PANCAFIT GROUP	20.00-20.40	FUNCTIONAL TRAINING	SALA ARIA	
20.15-21.15	WOD	20.40-21.40	PRESCIISTICA	20.15-21.15	WOD	20.15-21.45	DIFESA PERSONALE	20.40-21.40	PRESCIISTICA	BOX CrossFit	
				20.15-21.00	BUNGEE FLY						



**DAL 07 FEBBRAIO 2024!**