

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	TRAINING			07.00-08.00	ENDURANCE			07.00-08.00	TRAINING		
09.30-10.30	TRAINING			09.00-09.30	PANCAFIT GROUP	09.30-10.30	TRAINING			09.45-10.30	PILATES
09.45-10.30	WALKING PROGRAM	09.45-10.45	POSTURAL FUSION	09.30-10.00	PANCAFIT GROUP	09.45-10.30	PILATES			10.00-11.00	ENDURANCE
10.00-10.30	PANCAFIT GROUP			09.30-10.30	TRAINING					11.00-12.30	OPEN 5TH TRAINING LAB
10.30-11.00	PANCAFIT GROUP			09.45-10.30	CARDIO IMPACT						
12.15-13.15	TRAINING	12.15-13.15	TRAINING	12.15-13.15	TRAINING	12.15-13.15	ENDURANCE	12.15-13.15	TRAINING		
12.45-13.30	FUNCTIONAL TRAINING	12.45-13.30	HIIT	12.45-13.30	PILATES	12.45-13.30	WALKING PROGRAM			DOMENICA	
										ORARIO	ATTIVITA'
										10.30-11.30	FREE 5TH TRAINING LAB
17.30-18.30	TRAINING	17.30-18.30	TRAINING	17.15-18.15	TRAINING	17.15-18.15	TRAINING	17.30-18.30	ENDURANCE		
18.30-19.30	ENDURANCE	18.30-19.30	TRAINING	18.15-19.15	TRAINING	18.15-19.15	TRAINING	18.30-19.30	TRAINING		
18.40-19.20	WALKING PROGRAM	18.45-19.30	CORE CALISTHENICS	18.40-19.30	FUNCTIONAL TRAINING	18.30-19.00	CARDIO IMPACT	18.40-19.20	CRAB FBS fusion		
19.30-20.30	TRAINING	18.45-19.15	PANCAFIT GROUP	19.30-20.15	YOGA	19.00-19.45	PILATES	18.45-19.15	PANCAFIT GROUP		
19.20-20.00	HIIT	19.30-20.30	CALISTHENICS	19.15-20.15	ENDURANCE	19.15-20.15	TRAINING	19.30-20.30	TRAINING		
19.30-20.30	INDOOR CYCLING	19.30-20.10	PILATES	19.45-20.45	INDOOR CYCLING	19.30-20.00	PANCAFIT GROUP	19.20-20.00	WALKING PROGRAM		
20.00-21.30	DIFESA PERSONALE	20.10-20.50	WALKING PROGRAM	20.15-21.00	BUNGEEFLY	19.45-20.15	CORE CALISTHENICS	19.30-20.30	INDOOR CYCLING		
20.00-20.30	PANCAFIT GROUP	20.30-21.30	TRAINING	20.15-21.00	YOGA	20.15-21.15	CALISTHENICS	20.00-20.40	FUNCTIONAL TRAINING		
20.30-21.30	TRAINING	20.50-21.50	PRESCIISTICA	21.00-21.45	BUNGEEFLY	20.00-20.30	PANCAFIT GROUP	20.30-21.30	COMPETITORS		
						20.15-21.45	DIFESA PERSONALE	20.40-21.40	PRESCIISTICA		

SALA FUOCO
SALA NUVOLO
SALA ARIA
5TH TRAINING LAB