

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'
06.30-07.15	YOGA	06.15-07.15	INDOOR CYCLING	06.30-07.15	PILATES	06.30-07.15	AKUAFITNESS				
09.30-10.30	TRAINING			09.30-10.30	ENDURANCE			09.30-10.30	TRAINING	09.45-10.30	PILATES
09.45-10.30	WALKING PROGRAM	09.45-10.45	POSTURAL FUSION	09.45-10.45	CARDIO IMPACT	09.45-10.30	PILATES	09.45-10.45	POSTURAL FUSION		
10.00-10.30	PANCAFIT GROUP			10.00-10.30	PANCAFIT GROUP						
10.30-11.00	PANCAFIT GROUP			10.30-11.00	PANCAFIT GROUP						
12.30-13.30	TRAINING	12.30-13.30	TRAINING	12.30-13.30	TRAINING	12.30-13.30	ENDURANCE	12.30-13.30	TRAINING		
12.45-13.30	FUNCTIONAL	12.45-13.30	HIIT	12.45-13.30	PILATES	12.45-13.30	WALKING PROGRAM				
		12.45-13.15	PANCAFIT GROUP								
17.15-18.15	TRAINING			17.30-18.30	TRAINING			17.30-18.30	ENDURANCE	10.30-11.30	FREE 5TH TRAINING LAB
18.15-19.15	ENDURANCE	18.30-19.30	TRAINING	18.30-19.30	FUNCTIONAL	18.15-19.15	TRAINING	18.30-19.30	TRAINING		
18.30-19.10	FBS vs CRAB	18.50-19.30	CORE CALISTHENICS	19.00-19.30	MOBILITY	18.30-19.10	WALKING PROGRAM	18.30-19.20	FUNCTIONAL CIRCUIT		
18.45-19.30	PANCAFIT & STRETCH	19.30-20.30	CALISTHENICS	19.30-20.30	ENDURANCE	18.45-19.30	PANCAFIT GROUP	19.20-20.00	WALKING PROGRAM		
19.15-20.15	TRAINING	19.30-20.10	PILATES	19.30-20.30	SUSPENSION TRAINING	19.10-19.50	PILATES	19.30-20.30	CALISTHENICS		
19.15-20.00	HIIT	20.10-20.50	WALKING PROGRAM	19.45-20.45	INDOOR CYCLING	19.15-20.15	TRAINING	20.00-21.00	TRAINING		
19.30-20.20	YOGA	20.30-21.30	TRAINING			19.30-20.30	INDOOR CYCLING				
19.30-20.30	INDOOR CYCLING					19.50-20.15	CORE CALISTHENICS				
						20.15-21.15	CALISTHENICS				

DOMENICA

ORARIO	ATTIVITA'
10.30-11.30	FREE 5TH TRAINING LAB

SEGUI I NS SOCIAL

PER SCOPRIRE

QUANDO USCIRA' IL

PLAN DEGLI EVENTI

DOMENICALI!

CHE ABBONAMENTO HAI?

ABBONAMENTO QUINTO ELEMENTO: TUTTI I CORSI TRANNE TRAINING E ENDURANCE

ABBONAMENTO MOVIMENTO: TUTTI I CORSI TRANNE TRAINING E ENDURANCE

ABBONAMENTO 5TH TRAINING LAB: TUTTI I CORSI

OGNI COLORE UNA SALA DEL CLUB!

SALA FUOCO	SALA NUVOLE	SALA ARIA	5TH TRAINING LAB
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