

# AREA FITNESS MENS SANA 1871

ORARIO ATTIVITÀ | SETTEMBRE 2019 - GIUGNO 2020



## ORARIO SALE CORSI

	LUNEDÌ				MARTEDÌ				MERCOLEDÌ				GIOVEDÌ				VENERDÌ				SABATO	
	SALA 1	SALA 2	SALA 3	GIANNELLI	SALA 1	SALA 2	SALA 3	GIANNELLI	SALA 1	SALA 2	SALA 3	GIANNELLI	SALA 1	SALA 2	SALA 3	GIANNELLI	SALA 1	SALA 2	SALA 3	GIANNELLI	SALA 1	SALA 2
7:30																						
8:00																						
8:30		CROSS TRAINING				CROSS TRAINING PRO				CROSS TRAINING				CROSS TRAINING PRO							CROSS TRAINING	
9:00																						
9:30				GINNASTICA DOLCE *	PUMP							GINNASTICA DOLCE *	PUMP								GINNASTICA DOLCE *	
10:00	STONE								STONE												STONE	
10:30	PILATES			GINNASTICA DOLCE *					PILATES				GINNASTICA DOLCE *								PILATES	
11:00																						
11:30																						STONE
12:00																						
12:30		CROSS TRAINING				CROSS TRAINING PRO				CROSS TRAINING				CROSS TRAINING PRO							CROSS TRAINING	
13:00																						
13:30		CROSS TRAINING								CROSS TRAINING												CROSS TRAINING
14:00						SKILL CLASS	SPINNING	PILATES						SKILL CLASS	SPINNING	PILATES						
14:30																						
15:00	GAG								GAG												GAG	
15:30																						
16:00																						
16:30																						
17:00	TOTAL BODY				YOGA				TOTAL BODY				YOGA								TOTAL BODY	
17:30		SKILL CLASS				SKILL CLASS				SKILL CLASS				SKILL CLASS								SKILL CLASS
18:00	BODYWEIGHT TRAINING				GAG				BODYWEIGHT TRAINING				GAG								BODYWEIGHT TRAINING	SKILL CLASS
18:30			SPINNING							WALKING												SPINNING
19:00	FIT-BOXE	CROSS TRAINING			PILATES				FIT-BOXE	CROSS TRAINING				PILATES							FIT-BOXE	CROSS TRAINING
19:30			WALKING	PILATES						SPINNING												WALKING
20:00	STEP TONE	CROSS TRAINING			X TONE				STEP TONE	CROSS TRAINING				X TONE							STEP TONE	CROSS TRAINING
20:30						CALISTHENICS									CALISTHENICS							
21:00	ZUMBA	CALISTHENICS			STRONG BY ZUMBA				ZUMBA	CALISTHENICS											ZUMBA	
21:30																						

## ORARIO GYM FLOOR

\* Da Ottobre a Maggio

\*\* Incluso con l'offerta Academy

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
6:50 - 22:30	6:50 - 22:30	6:50 - 22:30	6:50 - 22:30	6:50 - 22:30	10:00 - 18:00	10:00 - 13:00

■ PERFORMANCE   
 ■ OLISTICO   
 ■ TONIFICAZIONE   
 ■ FUNZIONALE   
 ■ CORPO LIBERO   
 ■ THE GAMES ACADEMY \*\*