

AREA FITNESS MENS SANA 1871

ORARIO ATTIVITÀ | OTTOBRE 2021 - MAGGIO 2022



ORARIO SALE CORSI

	LUNEDÌ				MARTEDÌ				MERCOLEDÌ				GIOVEDÌ				VENERDÌ				SABATO	
	SALA 1	SALA 2	SALA 3	TGA	SALA 1	SALA 2	SALA 3	TGA	SALA 1	SALA 2	SALA 3	TGA	SALA 1	SALA 2	SALA 3	TGA	SALA 1	SALA 2	SALA 3	TGA	SALA 1	SALA 2
6:30																						
7:00				CROSS TRAINING												CROSS TRAINING						
7:30								CROSS TRAINING												CROSS TRAINING		
8:00				CROSS TRAINING												CROSS TRAINING						
8:30																						
9:00																						
9:30			GINN. DOLCE		PUMP						GINN. DOLCE		PUMP									
10:00	STONE							STONE									STONE					
10:30	POSTURALE																POSTURALE					
11:00																						
11:30																					STONE	
12:00																						
12:30				CROSS TRAINING												CROSS TRAINING						
13:00								CROSS TRAINING													CROSS TRAINING	
13:30				CROSS TRAINING												CROSS TRAINING						
14:00					TOTAL BODY	SPINNING							TOTAL BODY	SPINNING								
14:30																						
15:00																						
15:30																						
16:00																						
16:30																						
17:00																						
17:30	BODYWEIGHT				GAG			BODYWEIGHT				GAG				BODYWEIGHT						
18:00																						
18:30																						
19:00	TOTAL BODY	SPINNING		CROSS TRAINING	PILATES	WALKING						TOTAL BODY	SPINNING		PILATES	WALKING			CROSS TRAINING	TOTAL BODY	SPINNING	
19:30								CROSS TRAINING							PILATES							CROSS TRAINING
20:00	PILATES			CROSS TRAINING	STONE					FIT-BOXE				STONE					CROSS TRAINING	FIT-BOXE		
20:30																						
21:00	ZUMBA				CALISTHENICS					ZUMBA				CALISTHENICS								
21:30																						

ORARIO GYM FLOOR

** Incluso con l'offerta Academy

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00 - 22:00	7:00 - 22:00	7:00 - 22:00	7:00 - 22:00	7:00 - 22:00	10:00 - 13:00	10:00 - 13:00

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