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				POWERLIFTING				WEIGHTLIFTING								GYMNASTIC				WEIGHTLIFTING		
7:30																						
8:00																						
8:30																						
9:00																						
9:30			GINN. DOLCE		PUMP								PUMP						GINN. DOLCE			
10:00	TONE								TONE								TONE					
10:30																						
11:00	POSTURALE																POSTURALE					
11:30																					TONE	
12:00																						
12:30				POWERLIFTING				WEIGHTLIFTING								GYMNASTIC						
13:00																						
13:30				POWERLIFTING												GYMNASTIC				WEIGHTLIFTING		
14:00						SPINNING								SPINNING								
14:30																						
15:00																						
15:30																						
16:00																						
16:30																						
17:00																						
17:30	BODYWEIGHT				GAG								GAG				BODYWEIGHT					
18:00				POWERLIFTING					BODYWEIGHT							GYMNASTIC						
18:30																						
19:00	TOTAL BODY	SPINNING		POWERLIFTING	PILATES	WALKING		WEIGHTLIFTING	TOTAL BODY	SPINNING			PILATES	WALKING		GYMNASTIC	TOTAL BODY	SPINNING		WEIGHTLIFTING		
19:30											PILATES											
20:00	PILATES			POWERLIFTING	TONE			WEIGHTLIFTING	FIT-BOXE				TONE			GYMNASTIC	FIT-BOXE			WEIGHTLIFTING		
20:30																						
21:00	ZUMBA							CALISTHENICS	ZUMBA							CALISTHENICS				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 **