

# AREA FITNESS MENS SANA 1871

ORARIO ATTIVITÀ | SETTEMBRE 2022 - GIUGNO 2023



## 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					ENDURANCE		
7:30				POWERLIFTING				WEIGHTLIFTING							GYMNASTIC					ENDURANCE		
8:00				POWERLIFTING				WEIGHTLIFTING							GYMNASTIC					ENDURANCE		
8:30																						
9:00																						
9:30			GINN. DOLCE		PUMP					GINN. DOLCE		PUMP							GINN. DOLCE			
10:00	TONE							TONE									TONE					
10:30	POSTURALE							POSTURALE									POSTURALE					
11:00	POSTURALE							POSTURALE									POSTURALE					
11:30																					TONE	
12:00																						
12:30				POWERLIFTING				WEIGHTLIFTING							GYMNASTIC					ENDURANCE		
13:00				POWERLIFTING				WEIGHTLIFTING							GYMNASTIC					ENDURANCE		
13:30				POWERLIFTING				WEIGHTLIFTING							GYMNASTIC					ENDURANCE		
14:00						SPINNING								SPINNING								
14:30																						
15:00	TOTAL BODY											TOTAL BODY										
15:30																						
16:00																						
16:30																						
17:00																						
17:30																						
18:00					BODYWEIGHT							BODYWEIGHT										
18:30																						
19:00	FLEX TONE	SPINNING		POWERLIFTING	YOGA	WALKING		WEIGHTLIFTING	FLEX TONE	SPINNING		YOGA	WALKING	GYMNASTIC	TOTAL BODY	SPINNING			ENDURANCE			
19:30																						
20:00	PILATES			POWERLIFTING	TOTAL BODY			WEIGHTLIFTING	PILATES			TOTAL BODY		GYMNASTIC	ZUMBA					ENDURANCE		
20:30																						
21:00																						
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 \*\*