

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																						
11:30																						ROTAZIONE
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		WALKING			TONE				WALKING				TONE									
18:30																						
19:00	FLEX TONE	SPINNING		POWERLIFTING	YOGA			WEIGHTLIFTING	FLEX TONE	SPINNING			YOGA		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 - 17:00	10:00 - 13:00

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