

Venerdì

WALK TRAINING	8.30	Sala 1	50 min
GINNASTICA POSTURALE*	8.30	Sala 3	60 min
YOGA	9.00	Sala 2	60 min
GINNASTICA POSTURALE*	9.30	Sala 3	60 min
WALKING TRAINING	12.45	Sala 1	45 min
POWER PILATES	12.50	Sala 3	50 min
CROSS CARDIO	18.10	Sala 1	50 min
CROSS STRONG	18.30	Sala 3	60 min
YOGA	18.30	Sala 2	50 min
WALKING	19.05	Sala 1	50 min
CROSS STRONG	19.30	Sala 3	60 min

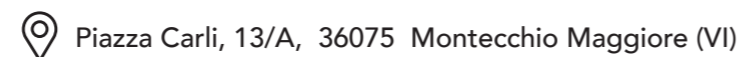
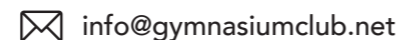
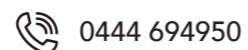
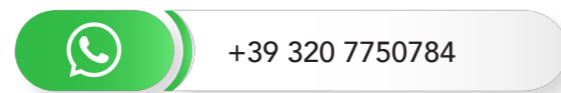
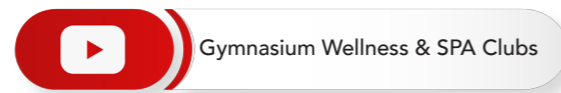
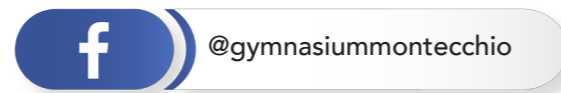
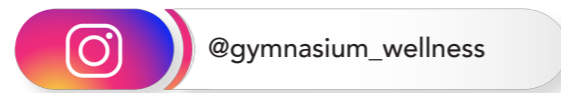
Sabato

POWER PILATES	9.15	Sala 3	60 min
SUPERJUMP	10.00	Sala 1	50 min

Domenica

GROUP CYCLING	10.00	Sala 2	60 min
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*Corsi non compresi nell'abbonamento open



La nostra **mission**, fin dal 1987, è quella di diffondere la cultura del wellness, promuovendo uno stile di vita sano e di qualità. La nostra **scelta** è quella di offrire solo servizi di alto livello e una grande varietà di programmi di allenamento, con le eccellenze di un team competente che continua a formarsi per essere sempre all'avanguardia, in ambienti puliti e salubri.



Scarica la nostra APP (My Appy user) e usa il QR code per registrarti



quality lifestyle since 1987

FITNESS ROUTINE
2021 - 2022

Lunedì

EASY TONE	8.30	Sala 1	50 min
YOGA	9.00	Sala 2	50 min
TOTAL BODY WORKOUT	9.25	Sala 1	50 min
SUPERJUMP	13.00	Sala 1	50 min
CROSS CARDIO	13.00	Sala 3	45 min
CROSS CARDIO	17.50	Sala 1	50 min
GINNASTICA POSTURALE*	17.55	Sala 3	60 min
ZUMBA	18.00	Sala 2	50 min
CROSS CARDIO	18.40	Sala 1	50 min
ZUMBA	18.55	Sala 2	50 min
WALKING	19.35	Sala 1	50 min
CROSS STRONG	19.00	Sala 3	60 min
GINNASTICA POSTURALE*	20.00	Sala 3	60 min
CROSS STRONG	20.30	Sala 1	60 min

Martedì

PILATES	8.00	Sala 1	50 min
GINNASTICA POSTURALE*	8.30	Sala 3	60 min
WALKING	9.00	Sala 1	45 min
GINNASTICA POSTURALE*	9.30	Sala 3	60 min
TOTAL BODY	13.00	Sala 1	50 min
GROUP CYCLING	13.00	Sala 2	60 min
POWER PILATES	17.15	Sala 3	45 min
KUNG FU* ^{ragazzi}	17.15	Sala 1	60 min
POWER PILATES	18.00	Sala 3	50 min
KICK BOXING CINESE*	18.15	Sala 1	75 min
GROUP CYCLING	18.30	Sala 2	60 min
POWER PILATES	18.55	Sala 3	50 min
KUNG FU* ^{adulti}	19.30	Sala 1	60 min
GROUP CYCLING	19.30	Sala 2	60 min
SUPERJUMP	19.45	Sala 3	50 min
THAI CHI CHUAN*	20.30	Sala 1	90 min
KRAV MAGA*	21.00	Sala 2	60 min

Mercoledì

EASY TONE	8.30	Sala 1	50 min
YOGA	9.00	Sala 2	50 min
TOTAL BODY WORKOUT	9.25	Sala 1	50 min
WALKING	12.45	Sala 1	45 min
ZUMBA	13.00	Sala 2	50 min
POWER PILATES	12.50	Sala 3	50 min
CROSS CARDIO	17.50	Sala 1	50 min
GINNASTICA POSTURALE*	17.55	Sala 3	60 min
ZUMBA	18.00	Sala 2	50 min
HIIT	18.40	Sala 1	50 min
ZUMBA	18.55	Sala 2	50 min
CROSS STRONG	19.00	Sala 3	60 min
WALKING	19.35	Sala 1	50 min
GINNASTICA POSTURALE*	20.00	Sala 3	60 min
YOGA	20.00	Sala 2	50 min

Giovedì

PILATES	8.00	Sala 1	50 min
POWER PUMP	9.00	Sala 3	45 min
TOTAL BODY	13.00	Sala 1	50 min
GROUP CYCLING	13.00	Sala 2	60 min
POWER PILATES	17.15	Sala 3	45 min
KUNG FU* ^{ragazzi}	17.15	Sala 1	60 min
POWER PILATES	18.00	Sala 1	50 min
KICK BOXING CINESE*	18.15	Sala 1	75 min
GROUP CYCLING	18.30	Sala 2	60 min
POWER PILATES	18.55	Sala 3	50 min
KUNG FU* ^{adulti}	19.30	Sala 1	60 min
GROUP CYCLING	19.30	Sala 2	60 min
SUPERJUMP	19.45	Sala 3	50 min
THAI CHI CHUAN*	20.30	Sala 1	90 min