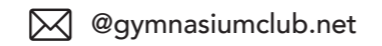
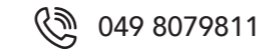
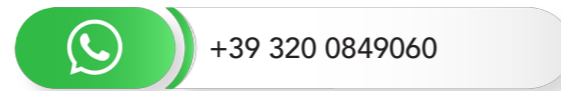
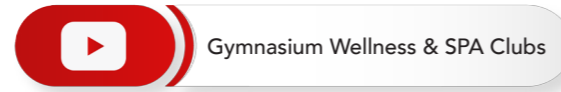
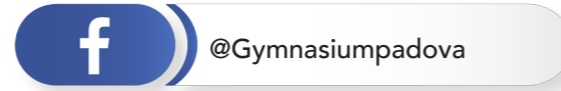
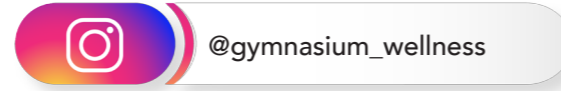


## Venerdì

AEROTONE	9.30	Fitness Room	60 min
YOGAFIT	11.00	Wellness Room	60 min
FIT PILATES	13.00	Wellness Room	60 min
STEP TONE	13.15	Energy Room	60 min
FLYING TRAINING	13.15	Fitness Room	45 min
FULL BODY CIRCUIT	18.30	Energy Room	60 min
FLOW YOGA	19.00	Wellness Room	60 min

## Sabato

YIN YOGA	9.30	Wellness Room	60 min
TOTAL BODY WORKOUT	11.00	Energy Room	60 min



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 (MyAppy user) e usa il QR code per registrarti



*quality lifestyle since 1987*

**FITNESS ROUTINE**  
2021 - 2022

## Lunedì

<b>AEROTONE</b>	<b>9.30</b>	Fitness Room	60 min
<b>PANCAFIT</b>	<b>10.00</b>	Wellness Room	45 min
<b>FIT PILATES</b>	<b>11.00</b>	Wellness Room	60 min
<b>PILATES</b>	<b>13.00</b>	Wellness Room	60 min
<b>BODYSCULPT</b>	<b>13.15</b>	Energy Room	60 min
<b>WALKING</b>	<b>13.15</b>	Fitness Room	60 min
<b>GROUP CYCLING</b>	<b>18.30</b>	Fitness Room	60 min
<b>BODY STRONG</b>	<b>18.30</b>	Energy Room	60 min
<b>YOGAFIT</b>	<b>18.30</b>	Wellness Room	60 min
<b>FLYING TRAINING</b>	<b>19.30</b>	Fitness Room	45 min
<b>SUPERJUMP</b>	<b>19.30</b>	Energy Room	60 min

## Martedì

<b>FUNCTIONAL TRAINING</b>	<b>6.40</b>	Energy Room	50 min
<b>ZUMBA</b>	<b>9.30</b>	Fitness Room	60 min
<b>YOGA</b>	<b>13.00</b>	Wellness Room	60 min
<b>GAG &amp; TONE</b>	<b>13.15</b>	Energy Room	60 min
<b>GROUP CYCLING</b>	<b>13.15</b>	Fitness Room	60 min
<b>WALKING &amp; TONE</b>	<b>18.00</b>	Fitness Room	60 min
<b>PANCA FIT</b>	<b>18.00</b>	Wellness Room	60 min
<b>FUNCTIONAL TRAINING</b>	<b>18.30</b>	Energy Room	60 min
<b>SPINNING PRO</b>	<b>19.00</b>	Fitness Room	60 min
<b>YOGAFIT</b>	<b>19.00</b>	Wellness Room	60 min
<b>ZUMBA</b>	<b>19.30</b>	Energy Room	60 min
<b>PILATES</b>	<b>20.00</b>	Wellness Room	60 min

## Mercoledì

<b>TOTAL BODY WORKOUT</b>	<b>9.30</b>	Fitness Room	60 min
<b>FIT PILATES</b>	<b>11.00</b>	Wellness Room	60 min
<b>YOGAFIT</b>	<b>13.00</b>	Wellness Room	60 min
<b>UPPER &amp; GAG</b>	<b>13.15</b>	Energy Room	60 min
<b>WALKING</b>	<b>13.15</b>	Fitness Room	60 min
<b>SUPERJUMP</b>	<b>18.00</b>	Energy Room	60 min
<b>GROUP CYCLING</b>	<b>18.45</b>	Fitness Room	60 min
<b>YOGA</b>	<b>19.00</b>	Wellness Room	60 min
<b>FIT BOXE</b>	<b>19.00</b>	Energy Room	60 min
<b>PILATES SUSPENSION</b>	<b>19.45</b>	Fitness Room	45 min

## Giovedì

<b>FLYING TRAINING</b>	<b>6.40</b>	Fitness Room	45 min
<b>WALKING &amp; CARDIO</b>	<b>9.30</b>	Fitness Room	60 min
<b>PANCAFIT</b>	<b>10.30</b>	Wellness Room	45 min
<b>YOGA</b>	<b>13.00</b>	Wellness Room	60 min
<b>FUNCTIONAL TRAINING</b>	<b>13.15</b>	Energy Room	60 min
<b>BODY PUMP</b>	<b>13.15</b>	Fitness Room	60 min
<b>PANCAFIT</b>	<b>18.00</b>	Wellness Room	60 min
<b>FUNCTIONAL TRAINING</b>	<b>18.30</b>	Energy Room	60 min
<b>WALKING &amp; CARDIO</b>	<b>19.00</b>	Fitness Room	60 min
<b>PILATES</b>	<b>19.00</b>	Wellness Room	60 min
<b>ZUMBA</b>	<b>19.30</b>	Energy Room	60 min
<b>STRETCH SCHIENA LIBERA</b>	<b>20.00</b>	Fitness Room	60 min
<b>PILATES</b>	<b>20.00</b>	Wellness Room	60 min