

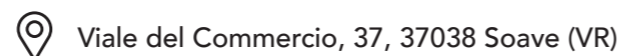
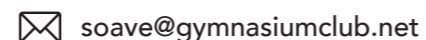
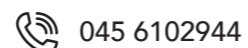
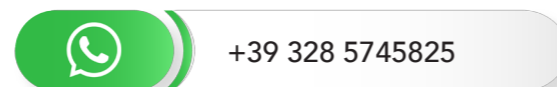
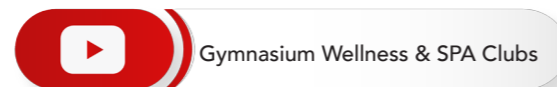
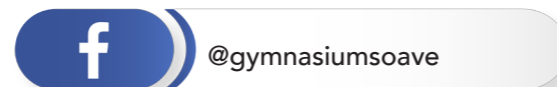
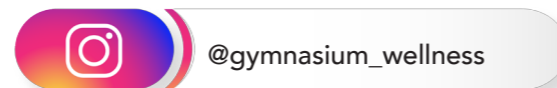
Venerdì

TOTAL BODY WORKOUT	9.00	Sala 1	50 min
FIT BALL	9.00	Sala 2	50 min
TOTAL BODY WORKOUT	12.45	Sala 1	45 min
FLEXIBILITY	12.45	Sala 2	45 min
PILATES	18.15	Sala 2	50 min
GINNASTICA POSTURALE*	18.30	Sala 3	60 min
GROUP CYCLING	19.10	Sala 1	55 min
WALK TRAINING	19.10	Sala 2	50 min

Sabato

PILATES	9.15	Sala 1	50 min
SUPERJUMP	10.10	Sala 1	50 min
GROUP CYCLING	14.30	Sala 1	60 min

*Corsi non compresi nell'abbonamento



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

PILATES	9.00	Sala 1	50 min
WALK TRAINING	9.00	Sala 2	50 min
SUPERJUMP	12.45	Sala 1	45 min
TOTAL BODY WORKOUT	12.45	Sala 2	45 min
CROSS CARDIO	18.15	Sala 1	50 min
PILATES	18.30	Sala 2	50 min
GINNASTICA POSTURALE*	19.00	Sala 3	60 min
GROUP CYCLING	19.10	Sala 1	55 min
ZUMBA	19.25	Sala 2	50 min

Martedì

GAG	9.00	Sala 1	50 min
GINNASTICA POSTURALE*	9.00	Sala 2	60 min
TOTAL BODY WORKOUT	9.55	Sala 1	50 min
HIIT	12.45	Sala 1	45 min
WALK TRAINING	12.45	Sala 2	45 min
TOTAL BODY WORKOUT	18.15	Sala 1	50 min
WALK TRAINING	18.30	Sala 2	50 min
KRAV MAGA*	19.00	Sala 3	60 min
SUPERJUMP	19.10	Sala 1	50 min
HIIT	19.25	Sala 2	50 min

Mercoledì

PILATES	9.00	Sala 1	50 min
POWER PUMP	9.00	Sala 2	50 min
STRETCHING	9.55	Sala 1	30 min
GAG	12.45	Sala 1	45 min
PILATES	12.45	Sala 2	45 min
FIT BOXE	18.15	Sala 1	50 min
PILATES	18.30	Sala 2	50 min
GINNASTICA POSTURALE*	19.00	Sala 3	60 min
GROUP CYCLING	19.10	Sala 1	55 min
TOTAL BODY WORKOUT	19.25	Sala 2	50 min

Giovedì

ZUMBA	9.00	Sala 1	50 min
GINNASTICA POSTURALE*	9.00	Sala 2	60 min
GROUP CYCLING	12.45	Sala 1	50 min
CROSS CARDIO	12.45	Sala 2	45 min
TOTAL BODY WORKOUT	18.15	Sala 1	50 min
WALK TRAINING	18.30	Sala 2	50 min
SUPERJUMP	19.10	Sala 1	50 min
HIIT	19.25	Sala 2	50 min