

VENERDÌ

TOTAL BODY WORKOUT	6.40	ENERGY ROOM	50 min
GINNASTICA POSTURALE*	9.00	WELLNESS ROOM	60 min
AEROTONE	9.30	ENERGY ROOM	60 min
YOGAFIT	11.00	WELLNESS ROOM	60 min
GINNASTICA POSTURALE*	13.15	WELLNESS ROOM	60 min
STEP TONE	13.15	ENERGY ROOM	60 min
FULL STRETCHING	17.00	WELLNESS ROOM	45 min
GINNASTICA POSTURALE*	18.00	WELLNESS ROOM	50 min
GROUP CYCLING	18.30	FITNESS ROOM	50 min
METABOLIC TR	18.30	ENERGY ROOM	50 min
FLOW YOGA	19.00	WELLNESS ROOM	60 min

SABATO

YIN YOGA	10.00	ENERGY ROOM	60 min
TOTAL BODY WORKOUT/ DEFENCE DONNA**	11.00	ENERGY ROOM	60 min

focus.

LA NOSTRA MISSION, FIN DAL 1987,
È QUELLA DI DIFFONDERE LA CULTURA DEL WELLNESS,
PROMUOVENDO UNO STILE DI VITA SANO E DI QUALITÀ.

Quality lifestyle since 1987


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GYMNASIVM
WELLNESS & SPA CLUBS
SINCE 1987

FITNESS
PLANNING CORSI

Quality lifestyle
since 1987

2023/2024

PADOVA

LUNEDÌ

GINNASTICA POSTURALE*	9.00	WELLNESS ROOM	50 min
AEROTONE	9.30	ENERGY ROOM	60 min
PANCAFIT	10.00	WELLNESS ROOM	45 min
PILATES	11.15	FITNESS ROOM	60 min
PILATES	13.15	WELLNESS ROOM	60 min
WALKING TR	13.15	FITNESS ROOM	60 min
BODYSULPT	13.15	ENERGY ROOM	60 min
WALKING TR	18.15	FITNESS ROOM	50 min
FIT - PILATES	18.15	WELLNESS ROOM	50 min
BODY STRONG	18.30	ENERGY ROOM	50 min
GROUP CYCLING	19.15	FITNESS ROOM	50 min
GINNASTICA POSTURALE *	19.10	WELLNESS ROOM	50 min
STEP TONE	19.30	ENERGY ROOM	50 min

MARTEDÌ

FUNCTIONAL TR	6.40	ENERGY ROOM	45 min
WALKING TR	9.30	FITNESS ROOM	60 min
PANCAFIT	10.30	WELLNESS ROOM	45 min
YOGAFIT	13.00	WELLNESS ROOM	60 min
GINNASTICA POSTURALE*	13.15	FITNESS ROOM	60 min
GAG&TONE	13.15	ENERGY ROOM	60 min
PANCAFIT	18.00	WELLNESS ROOM	45 min
WALKING & TONE	18.00	FITNESS ROOM	50 min
FUCTIONAL TR	18.30	ENERGY ROOM	45 min
YOGAFIT	19.00	WELLNESS ROOM	50 min
SPINNING PRO***	19.00	FITNESS ROOM	50 min
POWER DANCE	19.30	ENERGY ROOM	50 min
PILATES	20.00	WELLNESS ROOM	50 min

MERCOLEDÌ

GINNASTICA POSTURALE*	9.00	WELLNESS ROOM	50 min
TOTAL BODY WORKOUT	9.30	ENERGY ROOM	60 min
PILATES	11.00	FITNESS ROOM	60 min
PILATES	13.00	WELLNESS ROOM	60 min
WALKING TR	13.15	FITNESS ROOM	60 min
UPPER&GAG	13.15	ENERGY ROOM	60 min
GINNASTICA POSTURALE*	18.00	WELLNESS ROOM	50 min
WALKING TR	18.00	FITNESS ROOM	50 min
FUNCTIONAL BOXE	18.30	ENERGY ROOM	50 min
YIN YOGA	19.00	WELLNESS ROOM	60 min
GROUP CYCLING	19.00	FITNESS ROOM	50 min
METABOLIC TR	19.30	ENERGY ROOM	50 min
PILATES SUSPENSION	20.00	FITNESS ROOM	50 min

GIOVEDÌ

TRX & FUNCTIONAL	6.40	FITNESS ROOM	45 min
WALKING & TONE	9.30	FITNESS ROOM	60 min
PANCAFIT	10.30	WELLNESS ROOM	45 min
YOGAFIT	13.00	WELLNESS ROOM	60 min
BIATHLON (WALKING+CYCLING)	13.15	FITNESS ROOM	60 min
FUNCTIONAL TR	13.15	ENERGY ROOM	50 min
PANCAFIT	18.00	WELLNESS ROOM	45 min
WALKING & CARDIO	18.00	FITNESS ROOM	50 min
FUNCTIONAL TR	18.30	ENERGY ROOM	45 min
PILATES	19.00	WELLNESS ROOM	50 min
SPINNING PRO***	19.00	FITNESS ROOM	50 min
POWER DANCE	19.30	ENERGY ROOM	50 min
PILATES	20.00	WELLNESS ROOM	50 min

*Corso extra abbonamento

**Corso alteranato ogni due sabati

***Corso disponibile dal 28/08 al 30/09 e dall' 08/04/2024 all' 08/08/2024

mattina (8.00-11.45)
 pausa pranzo (12.00-14.00)
 pomeriggio (14.15-21.00)

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