

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

2024

VERONA

## LUNEDÌ

POSTURALE	9:00	Sala 1	60 min
TOTAL BODY	9:30	Sala 2	60 min
PILATES	13:00	Sala 1	60 min
GROUP CYCLING	18:00	Sala 1	50 min
YOGA	18:00	Sala 2	50 min
CYCLEX	19:00	Sala 1	50 min

## MERCOLEDÌ

POSTURALE	9:00	Sala 1	60 min
TOTAL BODY	9:30	Sala 2	60 min
PILATES	13:00	Sala 1	60 min
WALKING	18:00	Sala 1	50 min
YOGA	18:00	Sala 2	50 min
TOTAL BODY	19:00	Sala 2	50 min
GROUP CYCLING	19:00	Sala 1	50 min

## VENERDÌ

PILATES	9:45	Sala 1	60 min
TOTAL BODY	9:30	Sala 2	60 min
YOGA	13:00	Sala 2	60 min
PILATES	17:30	Sala 1	50 min
FUNCTIONAL STEP	18:00	Sala 2	50 min
CROSS TRAINING	19:00	Sala 2	50 min

## MARTEDÌ

PILATES	9:45	Sala 1	60 min
FUNCTIONAL TRAINING	13:00	Sala 2	60 min
GROUP CYCLING	13:00	Sala 1	60 min
FUNCTIONAL STEP	18:00	Sala 2	50 min
CROSS TRAINING	19:00	Sala 2	50 min


## GIOVEDÌ


GAG	9:00	Sala 2	60 min
PILATES	9:45	Sala 1	60 min
FUNCTIONAL TRAINING	13:00	Sala 2	60 min
GROUP CYCLING	13:00	Sala 1	60 min
TOTAL BODY	18:00	Sala 2	50 min
GROUP CYCLING	19:00	Sala 1	50 min
FUNCTIONAL TRAINING	19:00	Sala 2	50 min


## SABATO

FUNCTIONAL TRAINING	9:30	Sala 2	60 min
PILATES	10:30	Sala 2	60 min

\*posturale a pagamento

 mattina  
(8.00-11.45)

 pausa pranzo  
(12.00-14.00)

 pomeriggio  
(14.15-21.00)