

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

WWW.GYMNASIUMCLUB.NET


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 @GYMNASIUMWELLNESS

 @GYMNASIUM WELLNESS & SPA

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**GYMNASIVM**  
WELLNESS & SPA CLUBS  
SINCE 1987

**FITNESS**  
PLANNING CORSI

Quality lifestyle  
since 1987

2024

MARTELLAGO

## LUNEDÌ

TOTAL BODY WORKOUT	9:00	Studio 1	50 min
PILATES	10:00	Studio 1	50 min
FUNCTIONAL TR	13:00	Studio 1	45 min
YOGA	18:00	Studio 1	50 min
GROUP CYCLING	19:00	Studio 1	50 min

## MARTEDÌ

GAG & TONE	9:00	Studio 1	50 min
PILATES	10:00	Studio 1	50 min
TOTAL BODY WORKOUT	13:00	Studio 1	50 min
PILATES	18:00	Studio 1	50 min
GROUP CYCLING	19:00	Studio 1	50 min

## MERCOLEDÌ

YOGA	9:00	Studio 1	50 min
TOTAL BODY WORKOUT	18:00	Studio 1	50 min
WALKING	19:00	Studio 1	50 min

## GIOVEDÌ


GAG & TONE	9:00	Studio 1	50 min
PILATES	10:00	Studio 1	50 min
TOTAL BODY WORKOUT	13:00	Studio 1	50 min
FUNCTIONAL TR	18:00	Studio 1	45 min
GROUP CYCLING	19:00	Studio 1	50 min


## VENERDÌ


TOTAL BODY WORKOUT	9:00	Studio 1	50 min
PILATES	10:00	Studio 1	50 min
PILATES	17:00	Studio 1	50 min
YOGA	18:30	Studio 1	50 min

## SABATO

TOTAL BODY WORKOUT	10:00	Studio 1	50 min
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 mattina  
(8.00-11.45)

 pausa pranzo  
(12.00-14.00)

 pomeriggio  
(14.15-21.00)