

Planning Corsi

SUMMER

Gingno

L'orario potrebbe subire variazioni



Lunedì

MATTINA

09:30-10:15
TOTAL TONE

10:20-10:50
MOBILITY & STRETCH

PAUSA PRANZO

12:45-13:30
INDOOR CYCLING

SERA

19:15-20:15
INDOOR CYCLING

19:15-20:00
EASY STEP

20:00-20:30
SUPER GLUTEI

20:00-21:00
CROSS TRAINING

20:30-21:15
GINNASTICA POSTURALE

Martedì

MATTINA

06:30-7:15
FUNCTIONAL TRAINING

09:15-10:00
PANCAFIT

10:00-10:45
STEP & TONE

SERA

18:00-19:00
HATA YOGA

18:00-19:00
CALISTHENICS

18:30-19:15
MID PILATES

19:30-20:30
INDOOR CYCLING

20:30-22:45
MAGLI D'ACCIAIO

Mercoledì

MATTINA

09:00-09:45
MID PILATES

9:45-10:30
GAG

10:30-11:15
BODY FLOW

PAUSA PRANZO

12:45-13:30
BOXE E TONE

SERA

18:30-19:15
FIT BOXE

19:00-19:45
PANCAFIT

19:15-20:15
INDOOR CYCLING

20:15-21:15
CROSS TRAINING PRO

Giovedì

MATTINA

09:30-10:15
PUMP

10:15-11:00
POSTURAL FLEX

11:00-11:30
SUSPENSION

SERA

17:30-18:30
VINYASA YOGA

18:00-18:45
PILATES POSTURALE

19:15-20:00
EASY STEP

19:30-20:30
INDOOR CYCLING

20:00-20:30
SUPER GLUTEI

20:30-21:15
PANCAFIT

Venerdì

MATTINA

9:30-10:15
PILATES POSTURALE

10:15-11:15
PANCAFIT & STRETCH

PAUSA PRANZO

SERA

18:15-19:00
GAG

18:30-19:30
CROSS TRAINING

19:00-19:30
CRUNCH TIME

20:30-22:45
MAGLI D'ACCIAIO

ORARI PALESTRA

LUNEDÌ'-VENERDÌ':

6:30-23:00

SABATO:

9:00-18:00

DOMENICA

9:00-13:00

SALA CORSI

SALA INDOOR CYCLING

BOX

PERCORSI ELITE

Fino al 20/06/2025



PLANNING CORSI



LE OFFICINE
FORGIAMO BENESSERE