

B)Side Firenze SUD
Viale Fanti, 18
ZONA Campo di Marte
INFO 055601144

ORARIO CORSI



| LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO | DOMENICA |
|--|--|---|---|--|--|----------|
| 07:20 – 08:00 B)Functional Giuliano J. B)CROSS | 07:20 – 08:05 Studio Cycle Alice E. GROUP CYCLING | 07:20 – 08:00 B)Functional Giuliano J. B)CROSS | 07:20 – 08:05 Studio Cycle Alice E. CYCLEX | 07:20 – 08:00 B)Functional Marco L. B)CROSS | 09:30 – 10:20 Studio 1 Nikos TBW | |
| 09:30 – 10:20 Studio 1 Matteo A. PILATES | 09:10 – 10:00 Studio 1 Andres GINNASTICA DOLCE | 09:30 – 10:20 Studio 1 Matteo A. POSTURAL | 09:10 – 10:00 Studio 1 Andres GINNASTICA DOLCE | 09:10 – 10:00 Studio 1 Alessio B. PILATES | 11:00 – 11:50 Studio 1 Andres YOGA | |
| 10:30 – 11:20 Studio 1 Niccolò R. TBW | 10:10 – 11:00 Studio 1 Davide C. CORPO LIBERO | 10:30 – 11:20 Studio 1 Niccolò R. TBW | 10:10 – 11:00 Studio 1 Davide C. PILATES | 10:00 – 10:50 Studio 1 Stefano G. GAG | 13:30 – 14:15 Studio Cycle Nicoletta S. GROUP CYCLING | |
| 11:30 – 12:00 Studio 1 Valentina C. TOTAL JUMP | 11:00 – 11:50 Studio 1 Davide C. ZUMBA | 13:00 – 13:30 Studio 1 Valentina C. TOTAL JUMP | 11:00 – 11:50 Studio 1 Davide C. ZUMBA | 11:00 – 11:50 Studio 2 Matteo A. POSTURAL | | |
| 13:15 – 14:00 OUTDOOR Niccolò B. B)CROSS | 13:20 – 14:10 Studio 1 Niccolò R. TBW | 13:15 – 14:00 OUTDOOR Niccolò B. B)CROSS | 13:20 – 14:10 Studio 1 Niccolò R. STEP 1 | 13:15 – 14:00 OUTDOOR Niccolò B. B)CROSS | 09:45 – 10:30 Studio 1 Valentina C. TOTAL JUMP | |
| 13:30 – 14:20 Studio 1 Davide C. B)HIIT | 13:30 – 14:15 Studio Cycle Nicoletta S. GROUP CYCLING | 13:30 – 14:20 Studio 1 Sara G. GAG | 17:10 – 18:00 Studio 1 Davide C. TBW | 13:30 – 14:20 Studio 1 Stefano G. TBW | 10:30 – 11:15 Studio Cycle A Rotazione GROUP CYCLING | |
| 17:10 – 18:00 Studio 1 Davide C. TBW | 17:10 – 18:00 Studio 1 Francesca M. PILATES | 17:00 – 17:50 Studio 1 Andres YOGA | 18:00 – 18:50 Studio 1 Francesca M. GAG | 17:00 – 17:30 Studio 1 Valentina C. TOTAL JUMP | 11:30 – 12:00 B)Functional A Rotazione CIRCUIT TRAINING | |
| 18:00 – 18:50 Studio 1 Davide C. B)HIIT | 18:00 – 18:50 Studio 1 Francesca M. TBW | 17:50 – 18:20 Studio 1 Valentina C. CARDIO CIRCUIT | 18:30 – 19:15 OUTDOOR Niccolò B. B)CROSS | 17:30 – 18:20 Studio 1 Niccolò R. STEP 1 | | |
| 18:50 – 19:40 Studio 1 Alessio POSTURAL | 18:30 – 19:15 Studio Cycle Viola GROUP CYCLING | 18:10 – 18:55 Studio Cycle Alice E. CYCLEX | 18:50 – 19:20 Studio 1 Valentina C. TOTAL JUMP | 18:00 – 18:45 Studio Cycle Alice E. CYCLEX | | |
| 19:00 – 20:00 OUTDOOR Cosimo M. CALISTHENICS | 18:30 – 19:15 OUTDOOR Niccolò B. B)CROSS | 18:30 – 19:20 Studio 1 Niccolò R. STEP 2 | 19:20 – 20:10 Studio 1 Andres PILATES | 18:20 – 19:10 Studio 1 Niccolò R. TBW | | |
| 19:30 – 20:15 Studio Cycle Viola T. GROUP CYCLING | 18:50 – 19:20 Studio 1 Valentina C. TOTAL JUMP | 19:00 – 19:45 Studio Cycle Alice E. GROUP CYCLING | 19:30 – 20:15 Studio Cycle Nicoletta GROUP CYCLING | 18:50 – 19:35 Studio Cycle Alice E. GROUP CYCLING | | |
| 19:40 – 20:30 Studio 1 Davide C. ZUMBA | 19:20 – 20:10 Studio 1 Sara G. TBW | 19:00 – 20:00 OUTDOOR Cosimo M. CALISTHENICS | 20:30 – 21:00 Studio 1 Roberto S. KICK BOXE | 19:20 – 20:10 Studio 1 Alessandro V. ZUMBA | | |
| 20:30 – 21:20 Studio 1 Sara G. FIT BOXE | 20:30 – 21:00 Studio 1 Roberto S. KICK BOXE | 19:20 – 20:10 Studio 1 Niccolò R. TBW | | | | |
| | 20:10 – 21:00 Studio 1 Sara G. FIT BOXE | | | | | |

Florentina Baseball s.r.l. Sportiva Dilettantistica
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Certificato Medico per attività Sportiva non Agonistica OBBLIGATORIO



La direzione si riserva la possibilità di modificare in qualsiasi momento l'orario dei corsi dandone comunicazione tramite affissioni di avviso all'interno del centro. Nelle festività di calendario i corsi saranno sospesi