

# PLANNING TERRA

Lun-Ven: 07.00-21.00 - Sabato: 8.00-20.00 - Domenica: 8.30-13.00



LUNEDÌ	7.10	9.20	10.15	13.30	14.30	15.30	16.30	17.15	18.20	19.10	20.10
SALA GIOVE	POWER PUMP GIULIA	TOTAL BODY WORKOUT GIULIA	POSTURALE STATICA MAURIZIO	WTA FUNCTIONAL TRAINING GABRIELLA	WOMAN TRAINING GABRIELLA			WTA FUNCTIONAL TRAINING GABRIELLA	PILATES MATWORK GIULIANO	FITNESS GIULIANO	WTA FUNCTIONAL TRAINING SALVATORE
SALA MERCURIO				GROUP CYCLING MARIO					Ore 18.30 GROUP CYCLING MARIO		
SALA MARTE						KARATE UMBERTO	KARATE UMBERTO	ORE 17.30 KICK BOXING GIUSEPPE	DIFESA PERSONALE KRAV MAGA GIUSEPPE	KICK BOXING GIUSEPPE	BOXE GIUSEPPE

MARTEDÌ	7.10	9.20	10.15	13.30	17.30	18.20	19.15	20.10
SALA GIOVE		FITNESS TEAM BEAT MARIO	PILATES MATWORK GIULIANO	FITNESS GIULIANO	JUMP CRISTINA	TOTAL BODY WORKOUT CRISTINA	YOGA FELX CRISTINA	CROSS TRAINING MICHELE
SALA MERCURIO	GROUP CYCLING MARIO					ORE 18.00 WALKING MARIO	FITNESS TEAM BEAT MARIO	
SALA MARTE							ORE 19.00 MMA MICHELE	

MERCOLEDÌ	9.30	13.30	17.15	19.10	20.10
SALA GIOVE	FITNESS GIULIA	JUMP CRISTINA	WTA FUNCTIONAL TRAINING GABRIELLA	WTA FUNCTIONAL TRAINING SALVATORE	CIRCUIT TRAINING SALVATORE
SALA MERCURIO		WALKING MARIO		GROUP CYCLING MARIO	
SALA MARTE		PILATES MATWORK GIUSTINO			

GIOVEDÌ	7.10	9.20	10.15	13.30	17.30	18.20	19.15	20.10
SALA GIOVE		WTA FUNCTIONAL TRAINING GIULIA	PILATES MATWORK GIULIANO	CIRCUIT TRAINING GIULIANO	JUMP CRISTINA	TOTAL BODY WORKOUT CRISTINA	FITNESS TEAM BEAT MARIO	CROSS TRAINING MICHELE
SALA MERCURIO	WALKING MARIO					ORE 18.00 WALKING MARIO		
SALA MARTE				PILATES MATWORK GIUSTINO			ORE 19.00 MMA MICHELE	

VENERDÌ	7.10	9.20	10.15	13.30	14.30	15.30	16.30	17.15	18.20	19.10	20.10
SALA GIOVE	TOTAL BODY WORKOUT GIULIA	POWER PUMP GIULIA	POSTURALE DINAMICA MAURIZIO	WTA FUNCTIONAL TRAINING GABRIELLA	WOMAN TRAINING GABRIELLA			WTA FUNCTIONAL TRAINING GABRIELLA	PILATES MATWORK GIULIANO	FITNESS GIULIANO	WTA FUNCTIONAL TRAINING SALVATORE
SALA MERCURIO				GROUP CYCLING MARIO					ORE 18.30 GROUP CYCLING MARIO		
SALA MARTE						KARATE UMBERTO	KARATE UMBERTO	ORE 17.30 KICK BOXING GIUSEPPE	DIFESA PERSONALE KRAV MAGA GIUSEPPE	KICK BOXING GIUSEPPE	BOXE GIUSEPPE

SABATO	9.20
SALA GIOVE	PILATES MATWORK SALVATORE
SALA MERCURIO	
SALA MARTE	ORE 10.15 CYCLING HTTP MARIO

DOMENICA	10.00
SALA GIOVE	SPECIAL CLASS A SORPRESA
SALA MERCURIO	ORE 10.30 GROUP CYCLING MONICA
SALA MARTE	



BALANCE	POWER
MOVE	SPORT
SHAPE	FUN



Campi Padel aperti Lunedì/Domenica 7.00-22.00

Polisportiva Interamnia SSD - info@interamniacub.it - 0861240103