

PLANNING TERRA

Lun-Ven: 07.00-21.00 - Sabato: 8.00-20.00 - Domenica: CHIUSO



LUNEDÌ	9:20	10:20	13:30	15:30	16:30	17:15	18:20	19:10	20:10
SALA GIOVE	TOTAL BODY WORKOUT GIULIA		WTA FUNCTIONAL TRAINING GABRIELLA			WTA FUNCTIONAL TRAINING GABRIELLA		FITNESS GIULIANO	CROSS TRAINING CARLANDREA
SALA MERCURIO			GROUP CYCLING MARIO					GROUP CYCLING MARIO	
SALA MARTE		POSTURALE STATICA MAURIZIO		KARATE UMBERTO	KARATE UMBERTO		PILATES MATWORK GIULIANO		

MARTEDÌ	9:20	10:00	13:30	17:15	18:00	19:15	20:10	21:00
SALA GIOVE	WTA FUNCTIONAL TRAINING SALVATORE		FITNESS GIULIANO	TOTAL BODY WORKOUT CRISTINA		AEROBOXING MICHELE	FUNCTIONAL TRAINING MICHELE	
SALA MERCURIO				POSTURALE STATICA SALVATORE 17.00	CYCLEX MARIO			
SALA MARTE		PILATES MATWORK GIULIANO	PILATES MATWORK GIUSTINO	KICKBOXING K1 GIUSEPPE 17.30	DIFESA PERSONALE GIUSEPPE 18.20	KICK BOXING K1 GIUSEPPE 19.10	BOXE GIUSEPPE	MMA MICHELE

MARCOLEDÌ	9:30	13:30	17:15	19:10	20:10
SALA GIOVE	FITNESS SALVATORE		WTA FUNCTIONAL TRAINING GABRIELLA	CROSS TRAINING CARLANDREA	CIRCUIT TRAINING CARLANDREA
SALA MERCURIO		CYCLEX MARIO			GROUP CYCLING MARIO
SALA MARTE					

GIOVEDÌ	9:20	10:00	13:30	17:15	18:00	19:15	20:10	21:10
SALA GIOVE	WTA FUNCTIONAL TRAINING SALVATORE		CIRCUIT TRAINING GIULIANO	TOTAL BODY WORKOUT CRISTINA	DANZA COREOGRAFICA CRISTINA	AEROBOXING MICHELE	FUNCTIONAL TRAINING MICHELE	
SALA MERCURIO					CYCLEX MARIO			
SALA MARTE		PILATES MATWORK PICCOLI ATTREZZI GIULIANO		KICK BOXING K1 GIUSEPPE 17.30	DIFESA PERSONALE GIUSEPPE 18.20	KICK BOXING K1 GIUSEPPE 19.10	BOXE GIUSEPPE	MMA MICHELE

VENERDÌ	9:20	10:00	13:30	15:30	16:30	17:15	18:20	19:10	20:10
SALA GIOVE	POWER PUMP GIULIA		WTA FUNCTIONAL TRAINING GABRIELLA			WTA FUNCTIONAL TRAINING GABRIELLA		CIRCUIT TRAINING GIULIANO	CROSS TRAINING CARLANDREA
SALA MERCURIO			GROUP CYCLING MARIO	KARATE UMBERTO	KARATE UMBERTO			GROUP CYCLING MARIO	
SALA MARTE		POSTURALE DINAMICA MAURIZIO					PILATES MATWORK GIULIANO		

SABATO	10:15
SALA GIOVE	
SALA MERCURIO	
SALA MARTE	CYCLING HTP MARIO



BALANCE
MOVE
SHAPE



POWER
SPORT
FUN



Campi Padel aperti Lunedì Domenica 7.00-22.00

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