






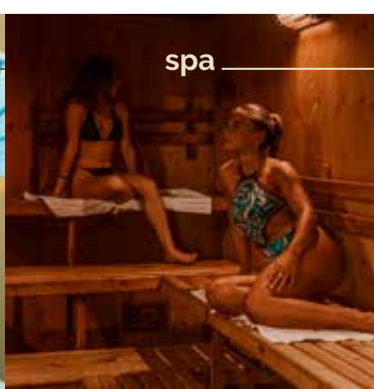
Gli orari potrebbero subire variazioni.
 Per info **0549.904505**  

Tutti i servizi sono su prenotazione.

- ● ● ● a pagamento
- os orario sperimentale
-  a domeniche alterne

ORARIO ESTIVO LUGLIO/AGOSTO
lunedì-venerdì 6:45 - 21:30
sabato 8:15 - 14:15

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
nuova AREA	9.15-10.00 STRETCH PILATES	9.15-10.00 BIOPOSTURAL		9.15-10.00 BIOPOSTURAL	9.15-10.00 BIOPOSTURAL	
			10.15-11.15 YOGA FUSION PILATES			11.00-12.00 YOGA
	13.00-13.45 PILATES	13.00-14.00 YOGA		13.00-13.45 PILATES	13.00-14.00 YOGA	DOMENICA
	17.00-18.00 VINYASA YOGA			17.00-18.00 VINYASA YOGA	16.00-16.45 PILATES	9.15-10.00 PILATES
	18.10-18.55 PILATES	18.05-19.00 DYNAMIC YOGA		18.10-18.55 PILATES	18.05-19.00 DYNAMIC YOGA	
			19.10-19.55 PILATES			
			19.00-20.00 YOGA			
			20.00-20.30 LIFESTYLE & MEDITATION			
	7.00-7.45 MILITARY TRAINING WORKOUT	7.00-7.45 MILITARY TRAINING WORKOUT		7.00-7.45 MILITARY TRAINING WORKOUT		DOMENICA  NEW 11.10-12.00 CYCLEX
			13.00-13.45 INTERVAL TRAINING		13.00-13.50 CYCLEX NEW	
		17.15-18.00 TOTAL BODY CLASS		17.15-18.00 TOTAL BODY CLASS		
		18.10-18.55 FUNCTIONAL FIT BOXE				
	19.00-19.45 PUMP TRAINING	19.10-19.55 CARDIO TONE		19.00-19.45 PUMP TRAINING		DOMENICA 
special class CYCLING	13.05-13.55 CYCLING		13.05-13.55 CYCLING			DOMENICA 11.10-12.00 CYCLING
	18.30-19.20 CYCLING		19.00-19.50 CYCLING	18.30-19.20 CYCLING		15.00-15.50 CYCLING
AQUAGYM	8.00-8.45 AQUAGYM		8.00-8.45 AQUAGYM		8.00-8.45 AQUAGYM	
	9.00-9.45 AQUAGYM		9.00-9.45 AQUAGYM		9.00-9.45 AQUAGYM	10.00-10.45 AQUAGYM
	13.00-13.45 AQUAGYM		13.00-13.45 AQUAGYM			DOMENICA
			15.00-15.45 AQUAGYM		15.00-15.45 AQUAGYM	10.15-11.00 AQUAGYM
	18.30-19.15 AQUAGYM		18.10-18.55 AQUAGYM		18.10-18.55 AQUAGYM	
	19.30-20.15 AQUAGYM					





PRENOTA SERVIZI E CORSI TRAMITE APP









Energia Lifestyle WellnessClub












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 Per info **0549.904505**  

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-     a pagamento
-  orario sperimentale
-  a domeniche alterne

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lunedì-venerdì 6:45 - 21:30
sabato 8:15 - 14:15

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
special class HEAT TRAINING		7.00-7.50 HEAT TRAINING			7.00-7.50 HEAT TRAINING	
		8.10-9.00  HEAT TRAINING		8.10-9.00  HEAT TRAINING		10.00-10.50 HEAT TRAINING
		13.05-13.55 HEAT TRAINING		13.05-13.55 HEAT TRAINING		
		18.30-19.20 HEAT TRAINING			18.00-18.50 HEAT TRAINING	
UNIVERSE functional AREA						10.30-11.15  MILITARY CROSS TRAINING
	13.00-13.45  METABOLIC WORKOUT			13.00-13.45  MILITARY CROSS TRAINING	13.00-13.45  METABOLIC WORKOUT	
		17.30-18.15 ATHLETIC CROSS TRAINING		17.30-18.15 ATHLETIC CROSS TRAINING		
	17.15-18.00  METABOLIC WORKOUT	18.30-19.15 ATHLETIC CROSS TRAINING		18.30-19.15 ATHLETIC CROSS TRAINING		
	18.15-19.05   CALISTHENICS		18.00-18.50   CALISTHENICS			



MY BOX
LIVE FITNESS | ON DEMAND

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E CORSI TRAMITE APP**



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