

Sala 1

FITNESS

	LUN	MAR	MER	GIO	VEN	SAB	DOM
09.00	G.A.G.	G.A.F.	DYNAMIC PUMP	FUNCTIONAL	FITBALL	T.B.W.	
10.00	GINNASTICA DOLCE	FUNCTIONAL	GINNASTICA DOLCE	PUMP	YOGAFIT	CIRCUITO	09.30 H.I.I.T
11.00	PUMP		FUNCTIONAL		PUMP		
11.30		ZUMBA		ZUMBA			
13.30	PUMP	BODY PUMP	CIRCUITO	BODY PUMP	PUMP		
14.30		G.A.G.		TOTAL TONE			
15.30	DYNAMIC TONE		STRONG ZUMBA		TOTAL TONE		
16.30	ZUMBA	G.A.F.	ZUMBA	T.B.W.	ZUMBA	PUMP	
17.30	PUMP	JUMP	CIRCUITO	JUMP	PUMP		
18.30	M.E.I.	AERO G.A.G.	DYNAMIC PUMP	STEP COREOG.	FITBALL	18.00 PREPUGIL.	
19.30	PUMP	PUMP	G.A.F.	TOTAL TONE	FUNCTIONAL		
20.30	H.I.I.T.	PREPUGIL.	H.I.I.T.	PREPUGIL.	H.I.I.T.		

Sala 2

SPINNING

	LUN	MAR	MER	GIO	VEN	SAB	DOM
08.00	SPIN		SPIN		SPIN		
09.00	SPIN		SPIN		SPIN	SPIN	SPIN
10.00		SPIN		SPIN			
13.30	SPIN		SPIN		SPIN		
17.00	SPIN		SPIN		SPIN		
18.00	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN	
19.00	SPIN	SPIN	SPIN	SPIN			

Sala 5

STRIDING

	LUN	MAR	MER	GIO	VEN	SAB
09.00		STRID		STRID		
10.00	STRID		STRID		STRID	STRID
17.00	STRID		STRID		STRID	
18.00	STRID		STRID		STRID	
19.00	STRID		STRID		STRID	

Sala 4

BODY BUILDING

Lun - Ven: 07.00 / 22.00

Sabato: 07.00/ 19.30

Domenica: 08.00 / 12.30

Assistenza sala

Lun - Ven: 07.00-15.30 /16.00-22.00

Sala 3 POSTURALE - PILATES - YOGA - PANCAFIT- OLIT

	LUN	MAR	MER	GIO	VEN	SAB	DOM
07.30		PANCAFIT		POSTURALE		PANCAFIT	
08.30		POSTURALE		PANCAFIT		POSTURALE	
09.00	PANCAFIT		PILATES		POSTURALE		PANCAFIT
09.30		PANCAFIT		PANCAFIT		PANCAFIT	
10.00	YOGA		YOGA		YOGA		
10.30		PILATES		PILATES			
14.30	PANCAFIT		PANCAFIT		PANCAFIT		
15.30		POSTURALE		POSTURALE			
16.00	FIT POSTURAL		FIT POSTURAL		FIT POSTURAL		
17.00	YOGA	PILATES	YOGA	PILATES	YOGA		
18.00	OLIT	PANCAFIT	FUNCTIONAL	PANCAFIT	OLIT		
19.00	PANCAFIT		POSTURALE	<u>DIFESA PERSONALE</u>	PANCAFIT		
20.00	POSTURALE	<u>DIFESA PERSONALE</u>	PANCAFIT		POSTURALE		
20.30				<u>DIFESA PERSONALE</u>			



ORARI SALE

MEGAGYM
LA TUA PALESTRA DAL 1992

ORARI PALESTRA
Lun - Ven: 07.00/22.30 Sabato: 07.00/20.00
Domenica: 08.00 / 13.00

**FEBBRAIO
2018**

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