

Sala 1

FITNESS

| | LUN | MAR | MER | GIO | VEN | SAB | DOM |
|-------|------------------|---------------------|------------------|---------------------|--------------------|-----------------|---------------|
| 09.00 | G.A.G. | G.A.F. | DYNAMIC PUMP | FUNCTIONAL | RESISTENCE WORKOUT | T.B.W. | |
| 10.00 | GINNASTICA DOLCE | FUNCTIONAL | GINNASTICA DOLCE | PUMP | GINNASTICA DOLCE | 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 | | FLOOR GYM + CYCLING | | FLOOR GYM + CYCLING | | | |
| 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. | RESISTENCE WORKOUT | 18.00 PREPUGIL. | |
| 19.30 | PUMP | PUMP | G.A.F. | PUMP | 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

| | 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: 07.00-12.30 / 13.00-15.30 /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

**APRILE
2018**

Via A. Zotti 41/49 – Ostia Lido (RM) – 06/5693788

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