|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **LUN** | **MAR** | **MER** | **GIO** | **VEN** | **SAB** |
| **09.00** | Ginn. Dolce | B.A.G. | Ginn. Dolce | Aero-Tone | Ginn. Dolce | Power-Tone |
| **10.00** | Pump |  | H.I.I.T. |  | Pump |  |
| **11.00** | Zumba |  | Zumba |  | Zumba |  |
| **13.30** | Dynamic Tone |  | Interval training |  | G.A.G. |  |
| **16.30** | Prepugilistica |  | Prepugilistica |  | Prepugilistica |  |
| **17.00** |  | Power-Tone |  | Aero-Tone |  |  |
| **18.00** | H.I.I.T. |  | Pump |  | H.I.I.T. |  |
| **18.00** |  | Life pump |  | Life pump |  |  |
| **19.00** | Pump |  | Total Body |  | Pump |  |
| **19.15** |  | Prepugilistica |  | Prepugilistica |  |  |
| **20.00** | Dynamic Tone |  | Dynamic Tone |  | H.I.I.T. (CIRCUITO) |  |
| **20.30** |  | Prepugilistica |  | Prepugilistica |  |  |

**Sala 2 SPINNING**

**Sala 1 FITNESS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **LUN** | **MAR** | **MER** | **GIO** | **VEN** | **SAB** |
| **08.00** | Spinning |  | Spinning |  | Spinning |  |
| **09.00** |  |  |  |  |  | Spinning |
| **17.00** |  | Spinning |  | Spinning |  |  |
| **17.30** | Spinning |  | Spinning |  | Spinning |  |
| **18.30** |  | Spinning |  | Spinning |  |  |
| **19.00** | Spinning |  | **\*Cyclex** |  | Spinning |  |

**Orario Assistenza sala Body Building**

**Lun - Ven: 09.00 - 13.00 17.00 - 21.00**

**Orario sala Body Building**

**Lun - Ven: 07.00 / 22.00  
Sabato: 07.00 / 18.30  
Domenica 09.00 / 12.30**

Prenotazioni obbligatorie  
 tramite l’App Sportclubby per   
 Sala 1 – Sala 2 – Sala 3

**Cyclex** e’ un nuovo format che abbina alla pedalata un lavoro di Total Body Work Out sulla bike.  
L’obbiettivo e’ proporre un’idea di Fitness, che si affianca all’ormai classico indoor cycling coinvolgendo fasce d’utenza diverse e soprattutto le nuove generazioni.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **LUN** | **MAR** | **MER** | **GIO** | **VEN** | **SAB** |
| **07.30** |  | Pancafit posturale |  | Pancafit posturale |  | Pancafit posturale |
| **08.30** |  |  |  |  |  |  |
| **09.00** |  | Pancafit posturale |  | Pancafit posturale |  | Pancafit posturale |
| **10.30** |  |  |  |  |  |  |
| **14.30** | Pancafit posturale |  | Pancafit posturale |  | Pancafit posturale |  |
| **17.30** | Anukalana Yoga |  | Anukalana Yoga |  | Anukalana  Yoga |  |
| **18.00** |  | Pilates |  | Pilates |  |  |
| **19.00** | Pancafit posturale |  | Pancafit posturale |  | Pancafit posturale |  |
| **20.00** | Pancafit posturale |  | Pancafit posturale |  | Pancafit posturale |  |



**Sala 3** **POSTURALE - PILATES - YOGA**

**Orari NOVEMBRE 2021**

**Posturale - Pancafit  
Ginnastica Dolce  
Prepugilistica  
Zumba  
H.I.I.T.  
G.A.G.  
Yoga  
Pilates  
Aero-Pilates  
Spinning**

**Mega Gym S.r.l** Via A. Zotti, 41/49 00121 Ostia  
[www.megagym.it](http://www.megagym.it) [info@megagym.it](mailto:info@megagym.it)  
06-5693788

**Orario Palestra**

**Lun - Ven: 07.00 / 22.30  
Sabato: 07.00 / 19.00  
Domenica 09.00 / 13.00**

Prenotazioni obbligatorie  
 tramite l’App Sportclubby per   
 Sala 1 – Sala 2 – Sala 3