|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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.

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



**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
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