



PLANNING **FITNESS**

DA SETTEMBRE 2026

IL TUO OBIETTIVO
LA NOSTRA PASSIONE

♥ SALUTE ➡ ENERGIA 👤 BENESSERE

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
09:00	TRX FITNESS ZONE	GROUPCYCLING FITNESS ZONE	TRX FITNESS ZONE	GROUPCYCLING FITNESS ZONE	TRX FITNESS ZONE	GROUPCYCLING FITNESS ZONE
10:00	POSTURAL PILATES MARTIAL ZONE	YOGA FITNESS ZONE	POSTURAL PILATES MARTIAL ZONE	YOGA FITNESS ZONE	POSTURAL PILATES MARTIAL ZONE	
10:00	GAG FITNESS ZONE		GAG FITNESS ZONE		GAG FITNESS ZONE	
11:00	PILATES MARTIAL ZONE	CIRCUIT TRAINING NEW FITNESS ZONE	PILATES MARTIAL ZONE	CIRCUIT TRAINING NEW FITNESS ZONE	PILATES MARTIAL ZONE	
16:00	SUPER GAG FITNESS ZONE		SUPER GAG FITNESS ZONE		SUPER GAG FITNESS ZONE	
17:00	FIT DANCE FITNESS ZONE		FIT DANCE FITNESS ZONE		FIT DANCE FITNESS ZONE	
18:00		ABS NEW FITNESS ZONE		ABS NEW FITNESS ZONE		
18:00	PUMP FITNESS ZONE	PILATES MATWORK BODY & SOUL	PUMP FITNESS ZONE	PILATES MATWORK BODY & SOUL	PUMP FITNESS ZONE	
19:00		TABATA FITNESS ZONE		TABATA FITNESS ZONE		
19:00	YOGA FITNESS ZONE	PILATES MATWORK BODY & SOUL	YOGA FITNESS ZONE	PILATES MATWORK BODY & SOUL	YOGA FITNESS ZONE	
19:30	CALISTHENICS ANFRA LAB		CALISTHENICS ANFRA LAB		CALISTHENICS ANFRA LAB	
20:00	GROUPCYCLING FITNESS ZONE	TRX NEW FITNESS ZONE	GROUPCYCLING FITNESS ZONE	TRX NEW FITNESS ZONE	GROUPCYCLING FITNESS ZONE	



SCEGLI IL TUO CORSO,
RAGGIUNGI IL TUO OBIETTIVO!



TONIFICA
IL CORPO



BRUCIA
CALORIE



MIGLIORA LA
FORZA



RIDUCE
LO STRESS

ALLENATI CON NOI
STAI MEGLIO OGNI GIORNO!