

ORARI APERTURA PALESTRA FITNESS

 LUNEDI' - VENERDI' 7:00-22:00  
 SABATO 9:00-17:30

**PLANNING SETTIMANALE CORSI**

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7:00 – 8:00 STRONG TRAINING	7:00 – 7:50 FUNCTIONAL TRAINING	7:00 – 8:00 STRONG TRAINING	7:00 – 7:50 FUNCTIONAL TRAINING	7:00 – 8:00 STRONG TRAINING	
	7:50 – 8:40 PILATES		7:50 – 8:40 POSTURAL YOGA THERAPY		
					11:00 – 12:00 STRONG TRAINING
12:50 – 13:30 AEROBIC CIRCUIT	12:45 – 13:30 STRONG TRAINING	12:50 – 13:30 POWER YOGA	12:45 – 13:30 STRONG TRAINING	12:50 – 13:30 PILATES	
13:30 – 14:10 AEROBIC CIRCUIT	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:10 POWER YOGA	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:10 PILATES	
17:45 – 18:30 STEP & TONE	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 STRONG TRAINING	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 G.A.G.	
18:30 – 19:30 POWER YOGA	18:30 – 19:30 STRONG TRAINING	18:30 – 19:15 FUNCTIONAL PILATES	18:30 – 19:30 STRONG TRAINING	18:30 – 19:30 POSTURAL YOGA THERAPY	
19:30 – 20:20 PILATES	19:30 – 20:30 CALISTHENICS	19:15 – 20:30 POWER YOGA MIX LEVEL	19:30 – 20:30 CALISTHENICS	19:30 – 20:30 STRONG TRAINING	

 GLI ORARI POSSONO SUBIRE VARIAZIONI. PER MAGGIORI INFORMAZIONI CONSULTARE LA PAGINA "REGOLAMENTO" DEL NOSTRO SITO WEB [WWW.DYNAMIC.SM](http://WWW.DYNAMIC.SM)