

PALINSESTO ORARI

LUNEDÌ

AREA
BATTITO

AREA
IMPATTO

06:30
OPEN GYM

06:30
STRENGTH

06:30 - 17:00
OPEN GYM

10:00
OPEN GYM

10:00
WOMEN

06:30 - 17:00
OPEN GYM

12:15
CIRCUIT

12:30
WOMEN

13:00
OPEN GYM

13:00
STRENGTH

06:30 - 17:00
OPEN GYM

16:30
INCLUSIVE

16:30
STRENGTH

17:30
ENDURANCE

17:30
WOMEN

18:30
CIRCUIT

18:30
STRENGTH

19:30
OPEN GYM

19:30
STRENGTH

MARTEDÌ

AREA
BATTITO

AREA
IMPATTO

07:00
OPEN GYM

07:00
HYBRID

07:00 - 17:00
OPEN GYM

12:30
ENDURANCE

12:30
STRENGTH

07:00 - 17:00
OPEN GYM

16:30
CIRCUIT

16:30
JUNIOR
10-14 ANNI

17:30
SOFT MOTION

17:30
HYBRID

18:30
ENDURANCE

18:30
STRENGTH

19:30
OPEN GYM

19:30
HYBRID

MERCOLEDÌ

AREA
BATTITO

AREA
IMPATTO

06:30
CIRCUIT

06:30
OPEN GYM

06:30 - 17:00
OPEN GYM

12:15
CIRCUIT

12:00
OPEN GYM

13:00
OPEN GYM

13:00
STRENGTH

06:30 - 17:00
OPEN GYM

16:30
KIDS 6-9 ANNI

16:30
STRENGTH

17:30
CIRCUIT

17:30
HYBRID

18:30
CIRCUIT

18:30
STRENGTH

19:30
OPEN GYM

19:30
STRENGTH

GIOVEDÌ

AREA
BATTITO

AREA
IMPATTO

07:00
OPEN GYM

07:00
HYBRID

07:00 - 17:00
OPEN GYM

10:00
WOMEN

10:00
OPEN GYM

07:00 - 17:00
OPEN GYM

12:30
WOMEN

12:30
HYBRID

07:00 - 17:00
OPEN GYM

16:30
ENDURANCE

16:30
JUNIOR
10-14 ANNI

17:30
WOMEN

17:30
STRENGTH

18:30
ENDURANCE

18:30
HYBRID

19:30
OPEN GYM

19:30
HYBRID

VENERDÌ

AREA
BATTITO

AREA
IMPATTO

06:30
ENDURANCE

06:30
OPEN GYM

06:30 - 17:00
OPEN GYM

12:30
ENDURANCE

12:15
CIRCUIT

13:00
OPEN GYM

13:00
STRENGTH

06:30 - 17:00
OPEN GYM

16:30
KIDS 6-9 ANNI

16:30
HYBRID

17:30
SOFT MOTION

17:30
CIRCUIT

18:30
ENDURANCE

18:30
STRENGTH

SABATO

AREA
BATTITO

AREA
IMPATTO

08:00 - 09:00
OPEN GYM

09:00
CIRCUIT

09:00
STRENGTH

10:00
ENDURANCE

10:00
HYBRID

10:00 - 13:00
OPEN GYM