

# PALINSESTO LEZIONI FITNESS

## ELLERA

in vigore dal 05/01/24

	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO AREA 3
	AREA 1	AREA 3	AREA 1	AREA 3	AREA 1	AREA 3	AREA 1	AREA 3	AREA 1	AREA 3	
10:30	TOTAL BODY		PILATES MAT WORK		TOTAL BODY		PILATES MAT WORK		TOTAL BODY		WALKING ORE 12:00
13:30	PUMP			SPINNING*	TABATA			SPINNING*	GROUP FUNCTIONAL		SPINNING ORE 13:30
17:50	PILATES STRONG				PILATES STRONG				PILATES STRONG		
18:30			GROUP BOXING	WALKING			GROUP BOXING	WALKING			
18:40	PILATES MAT WORK				PILATES MAT WORK				PILATES STRETCH		
19:00		SPINNING*				SPINNING*				SPINNING*	
19:30	PUMP		GAG	SPINNING*	GROUP FUNCTIONAL		TOTAL BODY	SPINNING*	TABATA		
20:00											
20:30											

### RELOAD CROSS TRAINING\*\*

DAL LUNEDÌ AL VENERDÌ:

9:00-10:00  
13:15-14:15  
16:00-17:00  
17:30- 18:30  
19:00-20:00

SABATO:

10:00-11:00

\*SOLO SU ABBONAMENTO PREMIUM

\*\*ABBONAMENTO SPECIFICO

ELLERA UMBRA (PG)

VIA NERVI 6

C/O CENTRO INTRATTENIMENTO GHERLINDA

0756973743