

# PALINSESTO LEZIONI FITNESS

## ELLERA

in vigore dal 11/09/23

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

### RELOAD CROSS TRAINING\*\*

09:00 - 10:00  
13:30 - 14:30  
16:00 - 17:00

DAL LUNEDÌ AL VENERDÌ TUTTI I GIORNI

10:00 - 11:00

SABATO

ELLERA UMBRA (PG)

VIA NERVI 6

C/O CENTRO INTRATTENIMENTO GHERLINDA

0756973743

\*SOLO SU ABBONAMENTO PREMIUM  
\*\*ABBONAMENTO SPECIFICO

# PALINSESTO LEZIONI FITNESS

## PONTE SAN GIOVANNI

in vigore dal 11/09/23

	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
	AREA 1	AREA 2	AREA 1	AREA 2	AREA 1	AREA 2	AREA 1	AREA 2	AREA 1	AREA 2	AREA 1	AREA 2
10:30		PILATES <small>MAT WORK</small>				PILATES <small>MAT WORK</small>						
13:30		TABATA	TONIC WALKING			PUMP	TONIC WALKING			GROUP FUNCTIONAL		
17:00												
18:30	SPINNING*	TOTAL BODY		PILATES <small>MAT WORK</small>	SPINNING*	TABATA		PILATES <small>MAT WORK</small>	SPINNING*	TOTAL BODY		
19:00			SPINNING*				SPINNING*					
19:15		GAG		PUMP				GROUP FUNCTIONAL				
19:30					PILATES <small>MAT WORK</small>	TONIC WALKING						

RELOAD

PONTE SAN GIOVANNI (PG)  
VIA DEL SOTTOPASSO 3-4  
07550997168