

PALINSESTO FITNESS CORCIANO

in vigore dal 24.08.26

LUNEDI

AREA 1

PILATES TOOLS*
09.00
TOTAL SHAPE
10.30
MUSCLE PUMP
13.30
POSTURAL GYM
16.30
PILATES TOOLS*
17.30
PILATES*
18.30
MUSCLE PUMP
19.30

AREA 2

SPINNING*
18.30
WALKING
19.30

MARTEDI

AREA 1

PILATES*
08.30
TOTAL SHAPE
14.30
YOGA DYNAMIC
17.30
FIT BOXE
18.30
GAG
19.30

AREA 2

SPINNING*
13.30
WALKING TONE
18.30
SPINNING*
19.30

MERCOLEDI

AREA 1

YOGA BALANCE
09.00
H.I.I.T.
10.30
PILATES TOOLS*
13.30
POSTURAL GYM
16.30
PILATES*
17.30
PILATES TOOLS*
18.30
TABATA
19.30

AREA 2

SPINNING*
19.00

GIOVEDI

AREA 1

PILATES*
08.30
POWER STEP
14.30
MOBILITY FLOW
17.30
FIT BOXE
18.30
TOTAL SHAPE
19.30

AREA 2

WALKING TONE
13.30
WALKING
18.30
SPINNING*
19.30

VENERDI

AREA 1

TOTAL SHAPE
10.30
H.I.I.T.
13.30
YOGA DYNAMIC
16.30
PILATES TOOLS*
17.30
PILATES*
18.30
H.I.I.T.
19.30

AREA 2

SPINNING*
19.00

SABATO**

AREA 1

MOBILITY FLOW
10.00

AREA 2

WALKING TONE
12.00

DOMENICA**

AREA 1

AREA 2

* SOLO SU ABBONAMENTO PREMIUM

** A PARTIRE DAL 1 OTTOBRE

TONIFICAZIONE

CARDIO

FUNZIONALE

OLISTICO

ELLERA UMBRA - PG

VIA NERVI 6

C-O CENTRO INTRATTENIMENTO GHERLINDA

0756973743

PALINSESTO FITNESS PERUGIA

in vigore dal 24.08.26

LUNEDI

AREA FITNESS

PILATES TOOLS*

10.30

FIT BOXE

13.30

YOGA BALANCE

17.30

TOTAL SHAPE

18.30

H.I.I.T.

19.30

MARTEDI

AREA FITNESS

H.I.I.T.

10.30

WALKING

13.30

PILATES*

17.30

PILATES TOOLS*

18.30

MUSCLE PUMP

19.30

MERCOLEDI

AREA FITNESS

PILATES*

10.30

MUSCLE PUMP

13.30

POSTURAL GYM

17.30

FIT BOXE

18.30

PILATES*

19.30

GIOVEDI

AREA FITNESS

TOTAL TONE

10.30

PILATES TOOLS*

13.30

MUSCLE PUMP

17.30

PILATES*

18.30

YOGA DYNAMIC

19.30

VENERDI

AREA FITNESS

PILATES TOOLS*

10.30

H.I.I.T.

13.30

POSTURAL GYM

17.30

TOTAL SHAPE

18.30

WALKING

19.30

SABATO

AREA FITNESS

FIT BOXE

11.30

TONIFICAZIONE

CARDIO

FUNZIONALE

OLISTICO

*SOLO SU ABBONAMENTO PREMIUM

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

PALINSESTO FITNESS FOLIGNO

in vigore dal 28.09.26

LUNEDI

AREA 1

POSTURAL GYM

10.00

TOTAL TONE

13.30

PILATES*

18.30

FUNCTIONAL STEP

19.30

AREA 2

SPINNING*

19.00

MARTEDI

AREA 1

PILATES*

10.30

GAG

17.30

TOTAL TONE

19.30

AREA 2

WALKING TONE

13.30

WALKING

18.30

MERCOLEDI

AREA 1

YOGA FLEX

09.00

TOTAL CORE

10.00

PILATES*

13.30

YOGA DYNAMIC

17.30

PILATES TOOLS*

18.30

STEP BOOST

19.30

AREA 2

WALKING TONE

18.30

SPINNING*

19.30

GIOVEDI

AREA 1

PILATES*

10.30

CIRCUIT TONE

17.30

PILATES TOOLS*

18.30

TABATA

19.30

AREA 2

WALKING

13.30

SPINNING*

19.00

VENERDI

AREA 1

FUNCTIONAL

13.30

YOGA FLEX

17.30

PILATES*

18.30

STEP TONE

19.30

AREA 2

WALKING

18.00

SPINNING*

19.00

SABATO

AREA 1

TOTAL SHAPE

11.00

AREA 2

SPINNING*

13.30

TONIFICAZIONE

CARDIO

FUNZIONALE

OLISTICO

*SOLO SU ABBONAMENTO PREMIUM

FOLIGNO - PG
VIALE FIRENZE 107
07421971030

PALINSESTO FITNESS AREZZO

in vigore dal 24.08.26

LUNEDÌ

AREA FITNESS

GINNASTICA DOLCE

09.00

PILATES*

10.00

FUNCTIONAL TRAINING

13.15

FUNCTIONAL TRAINING

17.30

YOGA VINYASA

18.30

FIT BOXE

19.30

MARTEDÌ

AREA FITNESS

PILATES TOOLS*

09.00

TOTAL BODY

13.15

PILATES TOOLS*

17.30

PILATES*

18.30

WALKING

19.30

MERCOLEDÌ

AREA FITNESS

GINNASTICA DOLCE

09.00

PILATES*

10.00

H.I.I.T.

13.15

FUNCTIONAL TRAINING

17.30

YOGA VINYASA

18.30

FIT BOXE

19.30

GIOVEDÌ

AREA FITNESS

PILATES TOOLS*

09.00

WALKING

13.15

PILATES TOOLS*

17.30

PILATES*

18.30

H.I.I.T.

19.30

VENERDÌ

AREA FITNESS

GINNASTICA DOLCE

09.00

PILATES*

10.00

MOBILITY FLOW

13.15

FUNCTIONAL TRAINING

17.30

HATHA YOGA

18.30

WALKING

19.30

SABATO

AREA FITNESS

WALKING

10.00



TONIFICAZIONE



CARDIO



FUNZIONALE



OLISTICO

*SOLO SU ABBONAMENTO PREMIUM

AREZZO - AR

VIA GIACOMO PUCCINI, 166

0575 148 2404