PALINSESTO FITNESS CORCIANO

in vigore dal 24.08.26

LUNEDI

AREA 1	AREA 2
PILATES TOOLS* 09.00	SPINNING* 18.30
TOTAL SHAPE 10.30	WALKING 19.30
MUSCLE PUMP 13.30	
POSTURAL GYM 16.30	
PILATES TOOLS* 17.30	
PILATES* 18.30	
MUSCLE PUMP 19.30	

MARTEDI

AREA 1	AREA 2
PILATES* 08.30	SPINNING* 13.30
TOTAL SHAPE 14.30	WALKING TONE 18.30
YOGA DYNAMIC 17.30	SPINNING* 19.30
FIT BOXE 18.30	
GAG 19.30	

MERCOLEDI

AREA 1	AREA 2
YOGA BALANCE 09.00	SPINNING* 19.00
H.I.I.T. 10.30	
PILATES TOOLS* 13.30	
POSTURAL GYM 16.30	
PILATES* 17.30	
PILATES TOOLS* 18.30	
TABATA 19.30	

GIOVEDI

AREA 1	AREA 2
PILATES* 08.30	WALKING TONE 13.30
POWER STEP 14.30	WALKING 18.30
MOBILITY FLOW 17.30	SPINNING* 19.30
FIT BOXE 18.30	
TOTAL SHAPE 19.30	

VENERDI

AREA 1	AREA 2
TOTAL SHAPE 10.30	SPINNING* 19.00
H.I.I.T. 13.30	
YOGA DYNAMIC 16.30	
PILATES TOOLS* 17.30	
PILATES* 18.30	
H.I.I.T. 19.30	

SABATO**

AREA 1	AREA 2
	WALKING TONE 12.00

DOMENICA**

AREA 1	AREA 2
MOBILITY FLOW 10.00	

*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 02.11.26

LUNEDI

AREA FITNESS

PILATES TOOLS* 10.30
FIT BOXE 13.30
POSTURAL GYM 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
FUNCTIONAL TRAINING 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	AREA 2
POSTURAL GYM 10.00	SPINNING* 19.00
TOTAL TONE 13.30	
PILATES* 18.30	
FUNCTIONAL STEP 19.30	

MARTEDI

AREA 1	AREA 2
PILATES* 10.30	WALKING TONE 13.30
GAG 17.30	WALKING 18.30
TOTAL TONE 19.30	

MERCOLEDI

AREA 1	AREA 2
YOGA FLEX 09.00	WALKING TONE 18.30
TOTAL CORE 10.00	SPINNING* 19.30
PILATES* 13.30	
YOGA DYNAMIC 17.30	
PILATES TOOLS* 18.30	
STEP BOOST 19.30	

GIOVEDI

AREA 1	AREA 2
PILATES* 10.30	WALKING 13.30
CIRCUIT TONE 17.30	SPINNING* 19.00
PILATES TOOLS* 18.30	
TABATA 19.30	

VENERDI

AREA 1	AREA 2
FUNCTIONAL 13.30	WALKING 18.00
YOGA FLEX 17.30	SPINNING* 19.00
PILATES* 18.30	
STEP TONE 19.30	

SABATO

AREA 1	AREA 2
TOTAL SHAPE 11.00	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

LUNEDI

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

MARTEDI

AREA FITNESS

PILATES TOOLS*
09.00

TOTAL BODY
13.15

PILATES TOOLS*
17.30

PILATES*
18.30

WALKING
19.30

MERCOLEDI

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

GIOVEDI

AREA FITNESS

PILATES TOOLS*
09.00

WALKING
13.15

PILATES TOOLS*
17.30

PILATES*
18.30

H.I.I.T
19.30

VENERDI

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