

MMA
(SALA RING/GABBIA)

	17.30/18.45	18/19.30
LUN	MMA	
MAR		
MER	MMA	
GIO		MMA
VEN		MMA (c/o Il Parco)

PRIMITIVE
(FUNCTIONAL)
MOBILITA' ARTICOLARE
(SALA BOXE/THAI)

	11/12
SAB	PRIMITIVE (FUNCTIONAL)

THAI BOXE / MUAY THAI
(SALA BOXE/THAI)

	12/13	18/19.30	20/21.30
LUN			THAI BOXE
MAR	MUAY THAI	THAI BOXE	
MER			THAI BOXE
GIO	MUAY THAI	THAI BOXE	
VEN			THAI BOXE

BOXE TRAINING®
(SALA BOXE/THAI)

	13/14.30	18.30/20	19.30/21
LUN	BOXE TRAINING®	BOXE TRAINING®	
MAR			BOXE TRAINING®
MER	BOXE TRAINING®	BOXE TRAINING®	
GIO			BOXE TRAINING®
VEN	BOXE TRAINING®	BOXE TRAINING®	

WING CHUN / ESCRIMA
(SALA BOXE/THAI)

	20.30/22	21/22.30
LUN		
MAR	WING CHUN / ESCRIMA	
MER		
GIO		WING CHUN / ESCRIMA
VEN		

PUGILATO
(SALA BOXE/THAI)

	18.30/20.00
LUN	PUGILATO AGONISTI
MAR	PUGILATO AGONISTI
MER	PUGILATO AGONISTI
GIO	PUGILATO AGONISTI
VEN	PUGILATO AGONISTI



AREA FITNESS

LUNEDÌ

	SALA YOGA/ FITNESS	SALA CYCLING
9/10	GINNASTICA DOLCE	
10/11	GINNASTICA DOLCE	
13/14	TOTAL BODY	INDOOR CYCLING
18:30/19:30	FUNCTIONAL TRAINING	
19/20		INDOOR CYCLING
19:30/20:30	FUNCTIONAL TRAINING	

MARTEDÌ

	SALA YOGA/ FITNESS	SALA BOXE-THAI	SALA CYCLING
9:30/10:30	GINNASTICA DOLCE		
13/14	PILATES	FUNCT TRAINING	
17/17:50	ZUMBA		
19/20			INDOOR CYCLING

MERCOLEDÌ

	SALA YOGA/ FITNESS	SALA CYCLING
9/10	GINNASTICA DOLCE	
10/11	GINNASTICA DOLCE	
13/14	TOTAL BODY	INDOOR CYCLING
15:30/16:30	DISCO GYM TONE	
18:30/19:30	FUNCT. TRAINING	
19/20		INDOOR CYCLING
19:30/20:30	FUNCT. TRAINING	

GIOVEDÌ

	SALA YOGA/ FITNESS	SALA BOXE-THAI	SALA CYCLING
9:30/10:30	GINNASTICA DOLCE		
13/14	PILATES	FUNCT TRAINING	
17/17:50	ZUMBA		
19/20			INDOOR CYCLING

VENERDÌ

	SALA YOGA/ FITNESS	SALA CYCLING
9/10	GINNASTICA DOLCE	
10/11	GINNASTICA DOLCE	
13/14	TOTAL BODY	INDOOR CYCLING
15:30/16:30	DISCO GYM TONE	
18:30/19:30	FUNCTIONAL TRAINING	
19:30/20:30	FUNCTIONAL TRAINING	

PARINAMA YOGA SALA YOGA / FITNESS

	14,15/15,30	18/19,30	19,30/21
LUN			
MAR	PARINAMA YOGA	PARINAMA YOGA	PARINAMA YOGA
MER			
GIO	PARINAMA YOGA	PARINAMA YOGA	PARINAMA YOGA
VEN			

*la disciplina di Parinama Yoga è un corso non compreso nell'Area Fitness

AREA YOUNG

PUGILATO (SALA BOXE/THAI)

	17/18
LUN	
MAR	
MER	PUGILATO (8-14 ANNI)
GIO	
VEN	PUGILATO (8-14 ANNI)

MUAY THAI YOUNG (SALA BOXE/THAI)

	17/18
LUN	MUAY THAI
MAR	
MER	
GIO	MUAY THAI
VEN	

BRAZILIAN JJ YOUNG (SALA BOXE/THAI)

	16,30/17.30
LUN	BRAZILIAN JJ
MAR	
MER	BRAZILIAN JJ
GIO	
VEN	

SABATO

SALA CYCLING
INDOOR CYCLING

15:30/16:30



Per questioni organizzative, durante l'anno i corsi possono subire modifiche.