



IMPIANTO STALINGRADO



ORARIO APERTURA SALA PESI E UFFICI
dal lunedì al venerdì 09,00 - 21,00 Sabato 10,00 - 15,00 Domenica
chiusi

SALA BOXE -THAI

| | lunedì | martedì | mercoledì | giovedì | venerdì | SABATO |
|---------------|-----------------|---------------|---------------|-----------------|---------------|--------|
| 13,00/14,30 | BOXE TRAINING | | BOXE TRAINING | | BOXE TRAINING | |
| 17,00 - 18,00 | MUAY THAI YOUNG | | | MUAY THAI YOUNG | | |
| 17,30 - 18,45 | MMA | | MMA | | | |
| 18,00 - 19,30 | | THAI BOXE | | THAI BOXE | | |
| 18,30 - 20,00 | BOXE TRAINING | | BOXE TRAINING | | | |
| 19,30 - 21,00 | | BOXE TRAINING | | BOXE TRAINING | | |
| 20,00 - 21,30 | THAI BOXE | | THAI BOXE | | | |

SALA FITNESS - YOGA

| | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|---------------|------------------------|---------------|------------------------|---------------|------------------------|--------|
| 14,15 - 15,15 | | PARINAMA YOGA | | PARINAMA YOGA | | |
| 18,30 19,30 | | PARINAMA YOGA | | PARINAMA YOGA | | |
| 18,30 -19,30 | FUNCTIONAL | | FUNCTIONAL | | FUNCTIONAL | |
| 19,30-21,00 | BJJ | | BJJ | | BJJ | |
| 21,00 - 22,00 | Jiu Jitzu Tradizionale | | Jiu Jitzu Tradizionale | | Jiu Jitzu Tradizionale | |

SALA A

| | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|---------------|---------|------------|------------|------------|----------|--------|
| 18,30 - 19,30 | | DANCE HALL | | | | |
| 19,00 - 20,30 | | | | DANCE HALL | | |
| 19,30 - 20,30 | | DANCE HALL | | | | |