

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
	I S T R	U T T O R I	I D I	S A L A	
07:00-10:00 ANDREA	07:00-14:00 PEPPE	07:00-10:00 ANDREA	07:00-14:00 PEPPE	07:00-10:00 ANDREA	08:00-14:00 PEPPE
10:00-14:00 SASCHA	14:00-18:00 FLAMINIA	10:00-14:00 SASCHA	14:00-18:00 FLAMINIA	10:00-14:00 SASCHA	14:00-20:00 SIMONE
14:00-19:00 ANDREA	18:00-22:00 SIMONE	14:00-19:00 ANDREA	18:00-22:00 SIMONE	14:00-19:00 ANDREA	
19:00-22:00 RYAN		19:00-22:00 RYAN		19:00-22:00 RYAN	
18:30-22:00 FLAMINIA					

Tutte le nostre discipline ginniche sono finalizzate alla salute ed al fitness con diverse metodologie applicate***

09:00-10:00 P. Reformer**	08:45-09:35 1 Functional	09:00-10:00 P. Reformer**	08:45-09:35 1 Functional	09:00-10:00 Mezieres**	
09:00-09:50 1 Functional	10:00-10:50 2 Pilates Matwork*	09:00-09:50 1 Functional	10:00-10:50 2 Pilates Matwork*	09:00-09:50 1 Functional	
09:30-10:20 1 Pilates Matwork*	10:30-11:30 3 Jazzercise	09:30-10:20 1 Pilates Matwork*	10:30-11:30 3 Jazzercise	09:30-10:30 1 Pilates Matwork*	
10:30-11:20 1 Ginnastica Dolce		10:30-11:20 1 Ginnastica Dolce		10:30-11:30 1 Ginnastica Dolce	
10:30-11:20 3 Cardio & Tone		10:30-11:20 3 Cardio & Tone		10:30-11:20 3 Cardio & Tone	
13:30-14:30 P. Reformer**	13:30-14:20 3 Functional	13:30-14:30 P. Reformer**	13:30-14:20 3 Functional	13:30-14:30 P. Reformer**	
14:00-14:50 3 Functional	14:00-14:50 2 Walking**	14:00-14:50 3 Functional	14:00-14:50 2 Walking**	14:00-14:50 3 Sweat Fitness	
14:00-14:50 1 Military*		14:00-14:50 1 Military*		14:00-14:50 1 Military*	
		14:30-15:30 P. Reformer**			
16:30-17:20 3 Power Pump	17:30-18:30 P. Reformer**	16:30-17:20 3 Power Pump	17:30-18:30 P. Reformer**	16:30-17:20 3 Power Pump	18:00-19:30 1 Funzionale
17:30-18:20 2 Walking**	17:30-18:20 3 Total B. Power	17:30-18:20 2 Walking**	17:30-18:20 3 Total B. Power	17:30-18:20 2 Walking**	
17:30-18:20 3 Postural Training	18:20-19:10 3 Aerodance	17:30-18:20 3 Postural Training	18:20-19:10 3 Aerodance	17:30-18:20 3 Postural Training	
17:30-18:30 P. Reformer**	18:30-19:20 2 P.Mat.Basic*	18:20-19:10 2 Step Coreography	18:30-19:20 2 P.Mat.Basic*	18:20-19:10 2 Aerodance	
18:20-19:10 2 Functional	18:30-19:20 1 Spinning*	18:20-19:10 3 Fitboxe*	18:30-19:20 1 Spinning*	18:20-19:10 3 Fitboxe*	* Premium con prenotazione
18:20-19:10 3 Fitboxe*	19:10-20:00 3 Total B. Fusion	18:30-19:30 P. Reformer**	19:10-20:00 3 Total B. Fusion	18:30-19:30 P. Reformer**	** Prestige con prenotazione
18:30-19:30 Mezieres**	19:20-20:10 2 P.Mat.Advance*	19:10-20:00 2 Pilates	19:15-20:15 Mezieres**	19:10-20:00 2 Pilates	Mezieres / Squash
19:10-20:00 2 Pilates	19:20-20:10 1 Functional	19:10-19:40 3 ABS Training	19:20-20:10 2 P.Mat.Advance*	19:10-19:40 3 ABS Training	2 a settimana
19:10-19:40 3 ABS Training	20:10-21:00 1 Spinning*	19:40-20:30 3 Functional	19:20-20:10 1 Functional	19:40-20:30 3 Functional	Lezioni con frequentazione inferiori a 5 possono essere cancellate
19:40-20:30 3 Functional	20:10-21:00 2 TRX Functional*		20:00-21:00 3 Total Body Fit		
			20:10-21:00 1 Spinning*		
16:00-19:30 1 Ju-Jitsu Bimbi°		16:00-19:30 1 Ju-Jitsu Bimbi°		16:00-19:30 1 Ju-Jitsu Bimbi°	
19:30-21:00 1 Ju-Jitsu Adulti°		19:30-21:00 1 Ju-Jitsu Adulti°		19:30-21:00 1 Ju-Jitsu Adulti°	
20:45-22:15 1 Aikido°		20:45-22:15 1 Aikido°			° Abbonamento a parte

Programma soggetto a variazioni

PROVVISORIO

set-19

*** METODI :Fitboxe, Funzionale, Mezieres, Military, Pilates Matwork, P. Reformer, Postural Training, TRX, Tonificazione, Walking.

First Fitness Club | Tel: 095-494918 | lunedì – venerdì: 07:00 – 22:00 | sabato: 08:00 – 20:00