

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

6:30  max 8/ora

EXCLUSIVE GYM

12:30

8:30  max 8/ora

9:00 – 10:00  max 5
POSTURALE/ANZIANI

EXCLUSIVE GYM

13:30

6:30  max 8/ora

EXCLUSIVE GYM

12:30

8:30  max 8/ora

9:00 – 10:00  max 5
POSTURALE/ANZIANI

EXCLUSIVE GYM

13:30

6:30  max 8/ora

EXCLUSIVE GYM

12:30

9:00  max 8/ora

EXCLUSIVE GYM

12:30

14:30  max 8/ora

EXCLUSIVE GYM

18:30

15:00  max 8/ora

EXCLUSIVE GYM

18:30

14:30  max 8/ora

EXCLUSIVE GYM

18:30

15:00  max 8/ora

EXCLUSIVE GYM

18:30

14:30  max 8/ora

EXCLUSIVE GYM

18:30

18:30  max 8

FUNCTIONAL

19:45

19:30  max 8

HYPERTROPHY

20:45

18:30  max 8

HYPERTROPHY

19:45

19:30  max 8

FUNCTIONAL

20:45

18:30  max 8

HYBRID

19:30

19:30  max 8

HYPERTROPHY

20:45

18:30  max 8

HYPERTROPHY

19:45

19:30  max 8

FUNCTIONAL

20:45

18:30  max 8

FUNCTIONAL

19:45

19:30  max 8

HYBRID

20:30

In vigore dal
01/09/2026
kairós