



GYMNIKOS

THE GYM NEXT DOOR

SALA GRANDE – CORSI COLLETTIVI

	LUN	MAR	MER	GIO	VEN	SAB
9.15	TONIFICATION	ZUMBA	TONIFICATION	ZUMBA	TONIFICATION	
10.15	FIT & BOXE	BODY FLYING 10.00	BALLI DI GRUPPO	BODY FLYING 10.00	FIT & BOXE	
13.30			BODY FLYING		BODY FLYING	
16.30	WING CHUN 7-12 ANNI	BODY FLYING 17.00		BODY FLYING 17.00	WING CHUN 7-12 ANNI	
18.00	GINNASTICA DOLCE	ROUND BOXE	GINNASTICA DOLCE	ROUND BOXE	GINNASTICA DOLCE	FUNCTIONAL TRAINING 18.30
19.00	TONIFICATION	POUND	TONIFICATION	POUND	TONIFICATION	
20.00	TONIFICATION	ZUMBA	TONIFICATION	ZUMBA	TONIFICATION	
21.00	WING CHUN	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	WING CHUN	



GYMNIKOS
THE GYM NEXT DOOR

SALA SPINNING

	LUN	MER	VEN
09.00	SPINNING	SPINNING	SPINNING
18.30	SPINNING	SPINNING	SPINNING
19.30	SPINNING	SPINNING	SPINNING
20.30	SPINNING	SPINNING	SPINNING

SALA PILATES- POSTURAL

	MAR	MER	GIO	VEN
09.30	PILATES		PILATES	
10.30	PILATES		PILATES	
17.00	POSTURAL		POSTURAL	
18.00	PILATES		PILATES	
19.00	PILATES		PILATES	
20.00	PILATES		PILATES	

Orari corsi sensibili a variazioni
ORARIO APERTURA PALESTRA

LUN – MER – VEN : 9.00 – 22.00

MAR – GIO : 9.00 – 12.00 / 15.00 – 22.00

SAB : 9.00 – 12.00 / 16.00 – 20.00