



GYMNIKOS
THE GYM NEXT DOOR

CORSI COLLETTIVI – SEDE ALL'APERTO

	LUN	MAR	MER	GIO	VEN	SAB
9.30	TONIFICATION	REAL BALL	TONIFICATION	REAL BALL	TONIFICATION	
10.15	FIT&BOXE		BALLI DI GRUPPO		FIT&BOXE	
13.30	BODY FLYING		BODY FLYING			
17.00	WING CHUN KIDS 7-12 ANNI	BODY FLYING		BODY FLYING	WING CHUN KIDS 7-12 ANNI	
18.00	GINNASTICA DOLCE	POUND	GINNASTICA DOLCE	POUND	GINNASTICA DOLCE	FUNCTIONAL TRAINING 18.30
19.00	TONIFICATION	REAL BALL	TONIFICATION	REAL BALL	TONIFICATION	
20.00	TONIFICATION	TRX	TONIFICATION	TRX	TONIFICATION	
21.00	FUNCTIONAL TRAINING	WING CHUN	FUNCTIONAL TRAINING	WING CHUN	FUNCTIONAL TRAINING	



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SPINNING- IN PALESTRA

	LUNEDI'	MERCOLEDI'	VENERDI'
18.30	SPINNING	SPINNING	SPINNING
19.30	SPINNING	SPINNING	SPINNING
20.30	SPINNING	SPINNING	SPINNING

In Palestra PILATES -POSTURAL

	MAR	GIO
09.30	PILATES	PILATES
10.30	PILATES	PILATES
17.00	POSTURAL	POSTURAL
18.00	PILATES	PILATES
19.00	PILATES	PILATES
20.00	PILATES	PILATES
21.00	PILATES	PILATES

Orari corsi sensibili a variazioni
ORARIO APERTURA PALESTRA

LUN –MER –VEN : 8.00 – 21.30

MAR – GIO : 08.00 – 12.15 / 15.00 – 21.00

SAB : 9.00 – 12.00 / 15.30 – 20.00