



**GYMNIKOS**  
THE GYM NEXT DOOR

## SALA GRANDE – CORSI COLLETTIVI

|       | LUN                            | MAR                     | MER                 | GIO                     | VEN                            | SAB                             |
|-------|--------------------------------|-------------------------|---------------------|-------------------------|--------------------------------|---------------------------------|
| 9.15  | TONIFICATION                   |                         | TONIFICATION        |                         | TONIFICATION                   |                                 |
| 10.15 |                                |                         | BALLI DI GRUPPO     |                         |                                |                                 |
| 13.30 | BODY FLYING                    |                         | BODY FLYING         |                         |                                |                                 |
| 16.30 | WING CHUN<br>KIDS<br>7-12 ANNI | GIOCO DANZA<br>4-8 anni |                     | GIOCO DANZA<br>4-8 anni | WING CHUN<br>KIDS<br>7-12 ANNI |                                 |
| 18.00 | GINNASTICA<br>DOLCE            |                         | GINNASTICA<br>DOLCE |                         | GINNASTICA<br>DOLCE            | FUNCTIONAL<br>TRAINING<br>18.30 |
| 19.00 | TONIFICATION                   | JUMP TON                | TONIFICATION        | JUMP TON                | TONIFICATION                   |                                 |
| 20.00 | TONIFICATION                   | FUNCTIONAL<br>TRAINING  | TONIFICATION        | FUNCTIONAL<br>TRAINING  | TONIFICATION                   |                                 |
| 21.00 | WING CHUN                      | FUNCTIONAL<br>TRAINING  |                     | FUNCTIONAL<br>TRAINING  | WING CHUN                      |                                 |



**GYMNIKOS**  
THE GYM NEXT DOOR

## SPINNING

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

## 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  |

Orari corsi sensibili a variazioni  
ORARIO APERTURA PALESTRA

**LUN –MER –VEN : 08.00 – 21.30**

**MAR – GIO : 08.00 – 12.15 / 15.00 – 22.00**

**SAB : 9.00 – 12.00 / 15.30 – 20.00**