


# CORSI SALA **CLUB**

CALENDARIO STAGIONE 2024/2025

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
<p>8:30 – 9:30 DIMAGRIMENTO E POTENZIAMENTO</p> <p>09:30 – 10:30 PILATES</p> <p>10:30 – 11:30 YOGA</p> <p style="text-align: right;">C I N Z I A</p>	<p>08:30 – 09:30 IPOPRESSIVA</p> <p>09:30-10:30 POSTURALE</p> <p>10:30 – 11:30 POSTURALE SPECIALE</p> <p style="text-align: right;">C I N Z I A</p>	<p>8:30 – 9:30 DIMAGRIMENTO E POTENZIAMENTO</p> <p>09:30 – 10:30 PILATES</p> <p>10:30 – 11:30 YOGA</p> <p>11:40-12:40 POWER FIT MAURA</p> <p>15:30 – 16:30 PILATES POSTURALE</p> <p>16:30-17:30 MODERN BABY 6/8</p> <p>17:30-18:30 MODERN YUNIOR 10/15</p> <p>18:00 – 19:00 PILATES STRONG</p> <p>19:00 – 20:00 PILATES</p> <p>20:00 – 21:00 SCUOLA COUNTRY</p> <p>21:00 – 22:30 SALSA INTERMEDIO</p> <p style="text-align: right;">C I N Z I A</p>	<p>08:30 – 09:30 DANZA POSTURALE</p> <p>09:30-10:30 POSTURALE</p> <p>10:30 – 11:30 POSTURALE SPECIALE</p> <p>16:15 – 17:00 GIOCO DANZA 3/5 anni REBECCA</p> <p>17:00 – 18:00 MODERN NUOVE 6&gt;</p> <p>18:00 – 19:00 APERTO</p> <p>16:30-17:15 GIOCO BABY 3/6 anni</p> <p>17:15 –18:15 DANZA CLASSICA 7/11 anni</p> <p>18:15 – 18:45 PUNTE</p> <p>20:00 – 21:00 SALSA 1° LIVELLO</p> <p>21:00 – 22:30 SALSA INTERMEDIO</p> <p style="text-align: right;">C I N Z I A</p>	<p>8:30 – 9:30 DIMAGRIMENTO E POTENZIAMENTO</p> <p>09:30 – 10:30 PILATES</p> <p>10:30 – 11:30 YOGA</p> <p>11:40-12:40 POWER FIT MAURA</p> <p>15:30 – 16:30 PILATES POSTURALE</p> <p>16:30-17:30 MODERN BABY 6/8</p> <p>17:30-18:30 MODERN 8/9 anni</p> <p>18:00 – 19:00 PILATES STRONG</p> <p>19:00 – 20:00 PILATES</p> <p>18:30 – 19:30 TOTAL CRUNCH</p> <p>19:30 – 20:30 TOTAL CRUNCH</p> <p>20:00 – 21:00 SALSA 1° LIVELLO</p> <p>21:00 – 22:30 SALSA INTERMEDIO</p> <p style="text-align: right;">C I N Z I A</p>	<p>10:30 – 12:00 SCUOLA COUNTRY</p> <p>15:30 – 16:30 SURPRISE MAURA</p> 

# CORSI SALA **ARENA**

## CALENDARIO STAGIONE 2024



LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
10:00-11:00 KICK TRAINING (GIORDANO)		10:00-11:00 KICK TRAINING (GIORDANO)		10:00-11:00 KICK TRAINING (GIORDANO)	09:30 -10:30 BODY FLY CINZIA
	10:30-11:30 BJJ	13:00 - 14:00 UNCONVENTIONAL WORKOUT	10:30-11:30 BJJ		10:30 -11:30 BUNGEE FITNESS CINZIA
13:00 - 14:00 UNCONVENTIONAL WORKOUT		DANZA ACROBATICA  16:30 - 17:30 17:30 - 18:30	13:00 - 14:00 UNCONVENTIONAL WORKOUT		14:00 - 15:00 PREPUGILISTICA ALESSIO
17:00 - 18:00 BABY JIU JITSU 5/8 anni			17:00 - 18:00 BABY JIU JITSU 5/8 anni		15:00 KICK BOXING AGONISTI BAMBINI (GIORDANO)
18:30-19:30 FUNCTIONAL TRAINING (GUIDO)	17:00 - 18:00 BABY KICK 5/7 (GIORDANO)	18:30-19:30 FUNCTIONAL TRAINING (GUIDO)	17:00 - 18:00 BABY KICK 5/7 (GIORDANO)	18:30-19:30 FUNCTIONAL TRAINING (GUIDO)	16:00 KICK BOXING AGONISTI ADULTI (GIORDANO)
18:30 - 19:30 BJJ	18:00-19:00 KICK BOXING 8-12 (GIORDANO)	18:30 - 19:30 BJJ	18:00-19:00 KICK BOXING 8-12 (GIORDANO)		
19:40-21:00 KICK BOXING AGONISTI (GIORDANO)	19:00-20:15 KICK BOXING amatoriale (GIORDANO)	19:40-21:00 KICK BOXING AGONISTI (GIORDANO)	19:00-20:15 KICK BOXING amatoriale (GIORDANO)	19:40-21:00 KICK BOXING AGONISTI (GIORDANO)	
19:45 - 20:45 UNCONVENTIONAL WORKOUT	20:45 - 21:45 PREPUGILISTICA ALESSIO		20:45 - 21:45 PREPUGILISTICA ALESSIO		
20:10-21:30 BJJ	20:30-21:30 GRAPPLING	20:10-21:30 BJJ	20:30-21:30 GRAPPLING	20:10-21:30 BJJ	
20:45 - 21:45 UNCONVENTIONAL WORKOUT		20:45 - 21:45 UNCONVENTIONAL WORKOUT	20:45 - 21:45 UNCONVENTIONAL WORKOUT	20:45 - 21:45 UNCONVENTIONAL WORKOUT	

Mensile	sala _____
	corso _____
Trimestrale	sala _____
	corso _____
Semestrale	sala _____
Annuale rata unica	
Iscrizione inclusa	sala _____
Annuale tre rate	sala _____
Iscrizione (scadenza 31/08)	_____
Deposito tessera	_____
Visita medica	il _____

### ORARI SALA PESI

DAL LUNEDI' AL VENERDI'	7:00 - 22:00
SABATO	9:00 - 18:30
DOMENICA	9:00 - 12:30



Thegymclubstl



Thegymclub Ardea

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