Orange Fitnesclub

ORARIO LEZIONI

ORARI PALESTRA	ASSISTENZA SALA PESI
LUN - VEN: 7.00 - 23.00	LUN - VEN: 7.00 - 16.00 /17.00 - 21.30
SAB - DOM: 8.00 - 21.00	SAB/DOM 10.00 -14:30

LUNEDÌ

SALA A
- POSTURAL PILATES — FEDERICA 08.45-09.45
- BODY SCULPT — BARBARA 11.00-12.00
- ROCKET FLOW — PRISCILLA 13.00-14.00
- FACE YOGA — MARILIA 19.30-20.30

SALA B
- GYM MUSIC — RICCARDO MENGHI 07.30-08.30
- TOTAL BODY — RICCARDO MENGHI 8.30-9.30
- TOTAL BODY — DANIELA 10.00-11.00
- FUNCTIONAL PILATES — DANIELA 12.30-13.30
- PILATES — LAURA 17.30-18.30
- VINYASA BEATS — CLOTILDE 18.30-19.30
- FUNCTIONAL PRE BOXE — ANTONELLO 19.30-20.30

GREENCOURT
- STRONG TONE — LAURA 08.45-09.45
- SIMONE WORKOUT — 13.30-14.30
- BODY SCULPT — MAURIZIO 19.00-20.00

MARTEDÌ

SALA A
- PILATES — EMY 08.00-09.00
- TONIFICAZIONE — PAMELA BONFADA 09.00-10.00
- PILATES — DANIELA 10.00-11.00
- JIVAMUKTI JOGA — VALENTINA 19.00-20.00

SALA B
- POSTURALE — SILVIA 09.00-10.00
- POSTURAL PILATES — FEDERICA 17.00-18.00
- TOTAL BODY — FEDERICA 18.00-19.00
- FUNCTIONAL PERSONAL DEFEFENCE — LUCA&FABRIZIO 19.30-21.00

GREENCOURT
- FUNZIONALE — DANIELE 09.00-10.00
- CROSS TRAINING — SIMONE PELLIGRA 12.30-13.30
- FUNZIONALE — DANIELE 13.30-14.30
- MILITARY GAG — LAURA 19.00-20.00

MERCOLEDÌ

SALA A
- PILATES — EMY 08.30-09.30
- BODY SCULPT — BARBARA 11.00-12.00
- VINYASA POWER — PRISCILLA 13.00-14.00
- FACE YOGA — MARILIA 18.30-19.30

SALA B
- POWER STRETCHING — RICCARDO MENGHI 07.30-08.30
- TOTAL BODY — RICCARDO MENGHI 08.30-09.30
- G A G — DANIELA 10.00-11.00
- FUNCTIONAL PILATES — DANIELA 12.30-13.30
- PILATES — LAURA 17.30-18.30
- VINYASA BEATS CLOTILDE — 18.30-19.30
- FUNCTIONAL PRE BOXE — ANTONELLO 19.30-20.30

GREENCOURT
- STRONG TONE — LAURA 08.45-09.45
- SIMONE WORKOUT — 13.30-14.30
- BODY SCULPT — MIMMO 18.30-19.30

GIOVEDÌ

SALA A
- PILATES — EMY 08.00-09.00
- TONIFICAZIONE — PAMELA BONFADA 09.00-10.00
- PILATES — DANIELA 10.00-11.00
- VINYASA YOGA — CLOTILDE 12.00-13.00
- JIVAMUKTI JOGA — VALENTINA 19.00-20.00

SALA B
- POSTURALE — SILVIA 09.00-10.00
- STRETCHING — BARBARA 12.30-13.30
- POSTURAL PILATES — FEDERICA 17.00-18.00
- TOTAL BODY — FEDERICA 18.00-19.00
- FUNCTIONAL PERSONAL DEFEFENCE — LUCA&FABRIZIO 19.30-21.00

GREENCOURT
- FUNZIONALE — DANIELE 09.00-10.00
- CROSS TRAINING — SIMONE PELLIGRA 12.30-13.30
- FUNZIONALE — DANIELE 13.30-14.30
- MILITARY GAG — LAURA 19.00-20.00

VENERDÌ

SALA A
- DHARMA FLOW — PRISCILLA 08.00-09.00
- BODY SCULPT — BARBARA 11.00-12.00
- ROCKET YOGA — CLOTILDE 18.30-19.30

SALA B
- GYM MUSIC — RICCARDO MENGHI 07.30-08.30
- TOTAL BODY — RICCARDO MENGHI 8.30-9.30
- TOTAL BODY — DANIELA 10.00-11.00
- FUNCTIONAL PILATES — DANIELA 12.30-13.30
- PILATES — FEDERICA/LAURA 17.30-18.30

GREENCOURT
- STRONG TONE — LAURA 08.45-09.45
- SIMONE WORKOUT — 13.30-14.30
- BODY SCULPT — MIMMO 18.30-19.30

SABATO

SALA A
- POWER PILATES — FEDERICA 9.30-10.30
- VINYASA OPEN LEVEL — PRISCILLA 10.30-11.30

SALA B
- STRETCHING — BARBARA 12.00-13.00

GREENCOURT
- PRE BOXE — ANTONELLO 10.30-11.30
- BOXE — ANTONELLO 11.30-12.30
- CROSS TRAINING — SIMONE PELLIGRA 12.00-13.00

DOMENICA

SALA A
- PILATES — LAURA 10.30-11.30

SALA B

GREENCOURT
- SUNDAY WORKOUT — 11.30-12.30

DIFFICULTY: Soft · Medium · Hard

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