

ORARIO CORSI

	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
	AREA FITNESS	AREA MULTISPORT	AREA FITNESS	AREA MULTISPORT	AREA FITNESS	AREA MULTISPORT	AREA FITNESS	AREA MULTISPORT	AREA FITNESS	AREA MULTISPORT	AREA FITNESS	AREA MULTISPORT
07:30	PUMP WORKOUT				F.C.G.				H.I.I.T ZONE			
08:30		VINYASA YOGA				VINYASA YOGA				VINYASA YOGA		
09:00				GINNASTICA POSTURALE				GINNASTICA POSTURALE				
09:30	I-TONE	POSTURAL YOGA THERAPY			PUMP WORKOUT				FLEX'N'TONE	POSTURAL YOGA THERAPY	POSTURAL STRETCH	
10:00			DYNAMIC	POSTURAL STRETCH			DYNAMIC	POSTURAL STRETCH				
10:30												H.I.I. TZONE
13:15	F.G.C.	TOTAL BODY WORK OUT	ZUMBA	H.I.I.T. ZONE	FLEX'N'TONE	F.G.C.	STRONG	PUMP WORKOUT	POWER REBOUND	F.G.C.		
13:15			PILATES				PILATES					
15:30			TONE UP				TONE UP					
17:15												
17:30	FLEX'N'TONE			CORE CONDITIONING	I-TONE			POSTURAL STRETCH	DYNAMIC			
18:00			PUMP WORKOUT				PUMP WORKOUT					
18:15												
18:30	I TONE	YOGA		VINYASA YOGA	STRONG	STEP BASE		YOGA	STEP COREO	H.I.I.T ZONE		
19:00			TOTAL BODY WORK OUT			AEROBICA	FLEX'N'TONE					
19:30	STRONG	H.I.I.T ZONE		FIT BOXE	TOTAL TONE	H.I.I.T. ZONE		FIT BOXE	CORE CONDITIONING	FIT BOXE		
20:00			ZUMBA VS REGGAEZONE				ZUMBA VS REGGAEZONE					CARDIO
20:30	POWER REBOUND			AIKIDO				AIKIDO				TONIFICAZIONE
												POSTURALE



ORARIO DI APERTURA: Lun/Mer/Ven 06:00/22:00 Mar/Gio 07:00/22:00 Sab 08:00/18:00 Dom 09:00/13:00

BE FIT, BE ACTIVE, WORKOUT WITH US.

GROUPCYCLING

	LUN	MAR	MER	GIO	VEN
13:15	GROUP CYCLING		GROUP CYCLING		GROUP CYCLING
15:30					
18:50	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING
19:00					
20:00		GROUP CYCLING		GROUP CYCLING	

GROUPCYCLING ...E ORA PEDALA! DA OGGI
SABATO 15:30

SPACE PLUS

WORK IN PROGRESSIVE

NUOVI SPAZI IN ARRIVO..

BE FIT
BE ACTIVE
WORK OUT
WITH US/

ORARIO DI APERTURA:
LUN / MER / VEN 06:00/22:00
MAR / GIO 07:00/22:00
SAB 08:00/18:00
DOM 09:00/13:00

ATTIVITÀ SPORTIVA
GINNASTICA FINALIZZATA ALLA SALUTE
ED AL FITNESS

 **SPACE**
CENTRO FITNESS

SEGUICI SU



FACEBOOK INSTAGRAM

VIA RIGHI, 11 - AREZZO (ZONA PRATACCI) TEL. 0575.984313



NO DAYS OFF



NO EXCUSES.

ORARIO **CORSI**

 **SPACE**
CENTRO FITNESS