

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ	
7.30 8.15	FUNCTIONAL ROCCO SALA ENERGY	7.30 8.30	HATHA YOGA SUSY SALA SPINNING	7.30 8.30	CYCLING ROSY SALA SPINNING	7.30 8.30	HATHA YOGA SUSY SALA SPINNING	7.30 8.15	CYCLING SALA SPINNING
7.45 8.30	LATIN DANCE CHIARA SALA SPINNING	7.45 8.30	TOTAL BODY CHIARA SALA ENERGY	7.30 8.15	FUNCTIONAL ROCCO SALA ENERGY	7.45 8.30	ATHLETIC CONDITIONING CLAUDIO SALA ENERGY	7.45 8.30	TOTAL BODY CHIARA SALA ENERGY
8.30 9.15	TOTAL BODY SALA SPINNING	10.00 10.30	PURE STRETCH DOMENICO SALA SPINNING	7.45 8.30	WATER WORKOUT DORIAN PISCINA	10.00 10.30	PURE STRETCH FEDERICA SALA SPINNING	7.45 8.30	WATER WORKOUT DORIAN PISCINA
10.15 11.15	HATHA YOGA YONG SALA SPINNING	10.30 11.30	BENCH STRETCH DOMENICO SALA SPINNING	8.45 9.30	FUNCTIONAL SALA SPINNING	10.30 11.30	BENCH STRETCH FEDERICA SALA SPINNING	8.30 9.15	PILATES DORIAN SALA ENERGY
11.15 12.15	VINYASA YOGA YONG SALA SPINNING	11.30 12.15	PILATES DOMENICO SALA SPINNING	9.15 10.15	YNHATHA BASIC MARGHERITA SALA SPINNING	11.30 12.15	PILATES FEDERICA SALA SPINNING	9.15 10.15	VINYASA MARGHERITA SALA SPINNING
13.00 13.45	WATER WORKOUT SIMONA PISCINA	12.15 13.00	KOMBAT SALA SPINNING	13.00 13.45	FUNCTIONAL RICCARDO SALA ENERGY	13.00 13.45	PILATES FABIO SALA CONSCIOUS	13.00 13.45	BODY FUNCTIONAL DEBORAH SALA ENERGY
13.00 13.45	PUMP MAX SALA ENERGY	13.00 13.45	FUNCTIONAL RICCARDO SALA ENERGY	13.00 13.45	TOTAL BODY DENIS SALA ENERGY	13.00 13.45	ACQUA ZUMBA SARA PISCINA	13.45 14.30	CORE TRAINING DEBORAH SALA ENERGY
13.45 14.30	TOTAL BODY SIMONA SALA ENERGY	13.00 13.45	PILATES DOMENICO SALA SPINNING	13.45 14.30	FUNCTIONAL DENIS SALA ENERGY	13.00 13.45	FUNCTIONAL KIARA SALA SPINNING	13.00 14.15	ASTHANGA VINYASA YOGA YONG SALA CONSCIOUS
13.00 14.00	CYCLING DARIO SALA SPINNING	13.45 14.30	PILATES DOMENICO SALA SPINNING	13.00 14.15	HATHA POWER YOGA YONG SALA CONSCIOUS	13.45 14.30	PILATES FABIO SALA CONSCIOUS	13.00 14.00	CYCLING VITTORIO SALA SPINNING
15.00 15.45	YOGA SALA SPINNING	13.45 14.30	FIT CROSS RICCARDO SALA ENERGY	13.00 13.45	CYCLING SALA SPINNING	13.45 14.30	FUNCTIONAL SARA SALA SPINNING	16.00 16.45	YOGA SALA SPINNING
16.00 16.45	TOTAL BODY SALA SPINNING	15.00 15.45	CYCLING SALA SPINNING	16.00 16.45	STEP COREO SALA SPINNING	16.00 16.45	KOMBAT SALA SPINNING	16.45 17.00	STRETCHING SALA SPINNING
17.00 17.45	CYCLING SALA SPINNING	16.00 16.45	CYCLING SALA SPINNING	17.00 17.45	CYCLING SALA SPINNING	16.45 17.00	STRETCHING SALA SPINNING		
18.00 19.00	SAVATE MICKY SALA ENERGY	18.30 19.15	PILATES ALESSANDRO SALA CONSCIOUS	18.30 19.15	CIRCLE MOBILITY SARA SALA ENERGY	18.30 19.15	TOTAL BODY SARA SALA ENERGY	18.30 19.15	WATER WORKOUT RICCARDO PISCINA
18.30 19.15	WATER WORKOUT KIARA PISCINA	19.15 20.00	CYCLING SALA SPINNING	18.30 19.15	CYCLING VITTORIO SALA SPINNING	18.30 19.15	PILATES FABIO SALA SPINNING	19.15 20.15	CYCLING ROSY SALA SPINNING
18.30 19.45	CYCLING PAOLO SALA SPINNING	18.30 19.15	FUNCTIONAL DRAGO SALA ENERGY	19.15 20.15	VINYASA POWER MARGHERITA SALA CONSCIOUS	19.15 20.00	PILATES FABIO SALA SPINNING	19.30 20.15	PILATES RICCARDO SALA CONSCIOUS
19.15 20.00	TOTAL BODY KIARA SALA ENERGY	19.15 20.00	PILATES ALESSANDRO SALA CONSCIOUS	19.30 20.15	TOTAL BODY KIARA SALA ENERGY	19.15 20.00	STRONG SARA SALA ENERGY		
20.00 20.45	FIT CROSS KIARA SALA ENERGY	19.15 20.00	FUNCTIONAL DRAGO SALA ENERGY	19.15 20.00	ACQUA ZUMBA SARA PISCINA	20.00 20.45	PILATES FABIO SALA SPINNING		
		20.00 20.45	PILATES ALESSANDRO SALA CONSCIOUS	20.15 21.00	FUNCTIONAL KIARA SALA ENERGY	20.00 20.45	ZUMBA SARA SALA ENERGY		

SABATO		DOMENICA	
10.30 11.00	CORE CONDITIONING SALA ENERGY	11.00 11.45	FUNCTIONAL SALA SPINNING
11.00 12.00	JOLLY CLASS SALA ENERGY	12.00 12.45	CYCLING SALA SPINNING
12.00 12.30	STRETCH AND RELAX SALA ENERGY	13.00 13.15	STRETCHING SALA SPINNING
12.00 13.00	CYCLING SALA SPINNING		
12.30 13.15	WATER WORKOUT PISCINA		
15.00 15.45	YOGA SALA SPINNING	15.00 15.45	YOGA SALA SPINNING
16.00 16.45	TOTAL BODY SALA SPINNING	15.45 16.00	STRETCHING SALA SPINNING

VALIDO DAL
16 SETTEMBRE 2024

 = extra abbonamento

ORARI DEL CLUB:

LUN/VEN 7.00 - 22.30
SAB/DOM 10.00 - 19.00
reception@7cityclub.com
02.45391660 (anche WhatsApp)

