

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ	
7.30 8,15	<b>FUNCTIONAL</b> ROCCO SALA ENERGY	7.30 8.30	<b>HATHA YOGA</b> SUSY SALA SPINNING	7.30 8.30	<b>CYCLING</b> ROSY SALA SPINNING	7.30 8.30	<b>HATHA YOGA</b> SUSY SALA SPINNING	7.30 8.15	<b>CYCLING</b> SALA SPINNING
7.45 8,30	<b>LATIN DANCE</b> SALA SPINNING	7.45 8,30	<b>TOTAL BODY</b> CLAUDIO SALA ENERGY	7.30 8,15	<b>FUNCTIONAL</b> ROCCO SALA ENERGY	7.45 8,30	<b>ATHLETIC CONDITIONING</b> CHIARA SALA ENERGY	7.45 8,30	<b>TOTAL BODY</b> CHIARA SALA ENERGY
8.30 9.15	<b>TOTAL BODY</b> SALA SPINNING	10.00 10.30	<b>PURE STRETCH</b> DOMENICO SALA SPINNING	7.45 8,30	<b>WATER WORKOUT</b> DORIAN PISCINA	10.00 10.30	<b>PURE STRETCH</b> FEDERICA SALA SPINNING	7.45 8.30	<b>WATER WORKOUT</b> DORIAN PISCINA
8.45 9.30	<b>FUNCTIONAL</b> SALA SPINNING	10.30 11.30	<b>BENCH STRETCH</b> DOMENICO SALA SPINNING	10.15 11.15	<b>HATHA YOGA</b> YONG SALA CONSCIOUS	10.30 11.30	<b>BENCH STRETCH</b> FEDERICA SALA SPINNING	8.30 9.15	<b>PILATES</b> DORIAN SALA ENERGY
9.30 10,30	<b>YNHATHA BASIC</b> MARGHERITA SALA ENERGY	11.30 12.15	<b>PILATES</b> DOMENICO SALA SPINNING	11.15 12.15	<b>VINYASA YOGA</b> YONG SALA CONSCIOUS	11.30 12.15	<b>PILATES</b> FEDERICA SALA SPINNING	9.00 10,00	<b>VINYASA</b> MARISA SALA SPINNING

SABATO		DOMENICA	
10.30 11,15	<b>JOLLY CLASS</b> SALA ENERGY	11.00 11.45	<b>FUNCTIONAL</b> SALA SPINNING
11.15 12,00	<b>JOLLY CLASS</b> SALA ENERGY	12.00 12.45	<b>CYCLING</b> SALA SPINNING
12.00 12,30	<b>STRETCH AND RELAX</b> SALA ENERGY	13.00 13.15	<b>STRETCHING</b> SALA SPINNING
12.00 13.00	<b>CYCLING</b> SALA SPINNING		
12.30 13,15	<b>WATER JOLLY</b> PISCINA		

13.00 13,45	<b>WATER WORKOUT</b> SIMONA PISCINA	12.15 13.00	<b>KOMBAT</b> SALA SPINNING	13.00 13,45	<b>WATER JOLLY</b> SARA PISCINA	13.00 13,45	<b>PILATES</b> FABIO SALA SPINNING	13.00 13,45	<b>BODY FUNCTIONAL</b> DEBORAH SALA ENERGY
13.00 13,45	<b>PUMP</b> MAX SALA ENERGY	13.00 13,45	<b>FUNCTIONAL</b> RICCARDO SALA ENERGY	13.00 13,45	<b>STEP COREO BASIC</b> DENIS SALA ENERGY	13.00 13,45	<b>ZUMBA</b> SARA SALA ENERGY	13.45 14,30	<b>CORE TRAINING</b> DEBORAH SALA ENERGY
13.45 14,30	<b>TOTAL BODY</b> SIMONA SALA ENERGY	13.00 13,45	<b>PILATES</b> DOMENICO SALA SPINNING	13.45 14,30	<b>FUNCTIONAL</b> DENIS SALA ENERGY	13.00 13,45	<b>FUNCTIONAL</b> KIARA SALA CONSCIOUS	13.00 14,15	<b>ASTHANGA VINYASA YOGA</b> YONG SALA CONSCIOUS
13.00 14,00	<b>CYCLING</b> DARIO SALA SPINNING	13.45 14,30	<b>PILATES</b> DOMENICO SALA SPINNING	13.00 14,15	<b>HATHA POWER YOGA</b> YONG SALA CONSCIOUS	13.45 14,30	<b>PILATES</b> FABIO SALA SPINNING	13.00 14,00	<b>CYCLING</b> VITTORIO SALA SPINNING
15.00 15,45	<b>YOGA</b> SALA SPINNING	13.45 14,30	<b>FIT CROSS</b> RICCARDO SALA ENERGY	13.00 13,45	<b>CYCLING</b> SALA SPINNING			16.00 16,45	<b>YOGA</b> SALA SPINNING
16.00 16,45	<b>TOTAL BODY</b> SALA SPINNING	15.00 15,45	<b>CYCLING</b> SALA SPINNING	16.00 16,45	<b>STEP COREO</b> SALA SPINNING	16.00 16,45	<b>KOMBAT</b> SALA SPINNING	16.45 17,00	<b>STRETCHING</b> SALA SPINNING
17.00 17,45	<b>CYCLING</b> SALA SPINNING	16.00 16,45	<b>CYCLING</b> SALA SPINNING	17.00 17,45	<b>CYCLING</b> SALA SPINNING	16.45 17,00	<b>STRETCHING</b> SALA SPINNING		

18.00 19,00	<b>SAVATE</b> MICKY SALA ENERGY	18.30 19,15	<b>PILATES</b> ALESSANDRO SALA CONSCIOUS	18.30 19,15	<b>CIRCLE MOBILITY</b> SARA SALA CONSCIOUS	18.30 19,15	<b>TOTAL BODY</b> SARA SALA ENERGY	18.30 19,15	<b>WATER WORKOUT</b> RICCARDO PISCINA
18.30 19,15	<b>WATER WORKOUT</b> KIARA PISCINA	19.15 20,00	<b>CYCLING</b> SALA SPINNING	19.15 20,15	<b>CYCLING</b> FRANCESCO SALA SPINNING	18.30 19,15	<b>PILATES</b> FABIO SALA SPINNING	19.15 20,15	<b>CYCLING</b> ROSY SALA SPINNING
18.30 19,45	<b>CYCLING</b> PAOLO SALA SPINNING	18.30 19,15	<b>FUNCTIONAL</b> DRAGO SALA ENERGY	19.15 20,15	<b>VINYASA POWER</b> MARGHERITA SALA CONSCIOUS	19.15 20,00	<b>PILATES</b> FABIO SALA SPINNING	19.15 20,00	<b>PILATES</b> RICCARDO SALA CONSCIOUS
19.15 20,00	<b>TOTAL BODY</b> KIARA SALA ENERGY	19.15 20,00	<b>PILATES</b> ALESSANDRO SALA CONSCIOUS	19.15 20,00	<b>FITBOXE</b> DEBORAH SALA ENERGY	19.15 20,00	<b>STRONG</b> SARA SALA ENERGY		
20.00 20,45	<b>FIT CROSS</b> KIARA SALA ENERGY	19.15 20,00	<b>FUNCTIONAL</b> DRAGO SALA ENERGY	19.15 20,00	<b>ACQUA ZUMBA</b> SARA PISCINA	20.00 20,45	<b>PILATES</b> FABIO SALA SPINNING		
		20.00 20,45	<b>PILATES</b> ALESSANDRO SALA CONSCIOUS	20.00 20,45	<b>FUNCTIONAL</b> DEBORAH SALA ENERGY	20.00 20,45	<b>ZUMBA</b> SARA SALA ENERGY		

**VALIDO DAL**  
**15 SETTEMBRE 2025**

**ORARI DEL CLUB:**

LUN/VEN 7.00 - 22.30

SAB/DOM 10.00 - 19.00

reception@7cityclub.com

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