

ORARI CORSI 2026/27

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
10:30 - 11:30	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)
12:45 - 13:30	TONE UP	OPEN SPARTAN TRAINING	TONE UP	OPEN SPARTAN TRAINING	
16:00 - 17:00	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)
18:00 - 19:00	PILATES	SPARTAN TRAINING	HYROX	SPARTAN TRAINING	G.A.G.
19:00 - 20:00	FUNCTIONAL TRAINING	TABATA	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING
20:00 - 21:00	SPARTAN TRAINING	STRONG CARDIO	SPARTAN TRAINING	STRONG CARDIO	HYROX