

LISTINO PREZZI

MENSILE

Functional Fitness	€ 90
Specialistiche	€ 55
Body Fit	€ 75
Pesistica e Ginnastica	€ 75
Calisthenics	€ 60
Forever Young	€ 50
Cross Combat System	€ 75
Open Gym	€ 75
OMNIA	€ 110
OMINA+	€ 140

TRIMESTRALE e SEMESTRALE

10 Ingressi	€ 100
Ingresso singolo	€ 15

PERSONAL TRAINER

40 €/h

-10/15%



PLANNING CORSI 2021

PROGRAMMA SETTIMANALE



6.00	FF		FF		FF		FF		FF		
7.00	FF		FF		FF		FF		FF		
8.00	FF		FF		FF		FF		FF		
9.00											
10.00		BF		4EY		BF		4EY		BF	
11.00	FF		FF		FF		FF		FF		M/C
12.00											PES
13.00											
14.00	FF		FF		FF		FF		FF		FF
15.00											
16.00											
16.30											
17.00	FF				FF		FF		FF		
17.30											
18.00	FF		FF		FF		FF		FF		
18.30											
19.00	FF		FF		PES		FF		FF		
19.30											
20.00	FF	BF	CCS	FF	PL	CCS	FF	BF	GIN		
20.30											
21.00	FF	CALI		FF		AC	FF	GIN			
21.30											

FUNCTIONAL FITNESS

BODY FIT

AEROBIC CAPACITY

POWERLIFTING

MOBILITY / CORE

CALISTHENICS

PESISTICA

GINNASTICA

CCS

FOREVER YOUNG