

## 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
OMNIA+	€ 140

### TRIMESTRALE e SEMESTRALE -10/15%

10 Ingressi	€ 100
Ingresso singolo	€ 15

### PERSONAL TRAINER 40 €/h

### TUTORIAL

2x45'	50 €
4x45'	90 €

### QUOTA ASSOCIATIVA 10€ (annuale fino 12/22)

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**PALINSESTO  
- CORSI -**

# PALINSESTO CORSI

## PROGRAMMA SETTIMANALE



6.00	FF		FF		FF		FF		FF					
7.00	FF		FF		FF		FF		FF					
8.00														
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					
15.00									FF					
16.00														
16.30														
17.00	FF				FF				FF					
17.30			FF				FF							
18.00	FF				FF				FF					
18.30			FF		M/C		FF							
19.00	FF					PES			FF		PES			
19.30		BF	CCS		FF	PL	CCS		FF	BF	PES			
20.00	FF	CALI		FF		FF	GIN		PL	CALI	CCS	AC	BF	GIN
20.30				FF				AC		FF				
21.00														
21.30														

- FUNCTIONAL FITNESS
- BODY FIT
- AEROBIC CAPACITY
- POWERLIFTING
- MOBILITY / CORE
- CALISTHENICS
- PESISTICA
- GINNASTICA
- CCS
- FOREVER YOUNG