

## LISTINO PREZZI

### MENSILE

|                        |      |
|------------------------|------|
| Functional Fitness     | 92 € |
| Body Fit               | 77 € |
| Forever Young          | 52 € |
| Pesistica e Ginnastica | 77 € |
| Specialistiche 2x      | 60 € |
| Specialistiche 4x      | 70 € |
| Specialistiche 6x      | 80 € |
| Cross Combat System    | 77 € |
| Open Gym               | 77 € |

|        |       |
|--------|-------|
| OMNIA  | 112 € |
| OMNIA+ | 142 € |

### TRIMESTRALE e SEMESTRALE -10/15%

|                  |       |
|------------------|-------|
| 10 Ingressi      | € 100 |
| Ingresso singolo | € 15  |

### PERSONAL TRAINER 40 €/h

### TUTORIAL

|       |      |
|-------|------|
| 2x45' | 50 € |
| 4x45' | 90 € |

### QUOTA ASSOCIATIVA (annuale) 10€

 +39 333 6286549

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 @yourebornofficial



**PALINSESTO  
- CORSI -**

# PALINSESTO CORSI

## PROGRAMMA SETTIMANALE



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

|                                   |                             |                                   |                                   |                                   |                         |                                   |                                 |                                   |                                   |                                   |                                   |                         |                          |
|-----------------------------------|-----------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------|-----------------------------------|---------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------|--------------------------|
| FUNCTIONAL FITNESS<br>06.00-07.00 |                             | FUNCTIONAL FITNESS<br>06.00-07.00 |                                   | FUNCTIONAL FITNESS<br>06.00-07.00 |                         | FUNCTIONAL FITNESS<br>06.00-07.00 |                                 | FUNCTIONAL FITNESS<br>06.00-07.00 |                                   |                                   |                                   |                         |                          |
| FUNCTIONAL FITNESS<br>07.00-08.00 |                             | FUNCTIONAL FITNESS<br>07.00-08.00 |                                   | FUNCTIONAL FITNESS<br>07.00-08.00 |                         | FUNCTIONAL FITNESS<br>07.00-08.00 |                                 | FUNCTIONAL FITNESS<br>07.00-08.00 |                                   |                                   |                                   |                         |                          |
|                                   |                             |                                   |                                   |                                   |                         |                                   |                                 |                                   |                                   |                                   |                                   |                         |                          |
|                                   | BODY FIT<br>09.00-10.00     |                                   | FOREVER YOUNG<br>09.00-10.00      |                                   | BODY FIT<br>09.00-10.00 |                                   | FOREVER YOUNG<br>09.00-10.00    |                                   | BODY FIT<br>09.00-10.00           |                                   | BODY FIT<br>09.00-10.00           |                         |                          |
| FUNCTIONAL FITNESS<br>10.00-11.00 |                             | FUNCTIONAL FITNESS<br>10.00-11.00 |                                   | FUNCTIONAL FITNESS<br>10.00-11.00 |                         | FUNCTIONAL FITNESS<br>10.00-11.00 |                                 | FUNCTIONAL FITNESS<br>10.00-11.00 |                                   | FUNCTIONAL FITNESS<br>10.00-11.00 | MOBILITY & CORE<br>10.00-11.00    |                         |                          |
|                                   |                             |                                   |                                   |                                   |                         |                                   |                                 |                                   |                                   | PESISTICA<br>11.00-12.30          |                                   |                         |                          |
|                                   |                             |                                   |                                   |                                   |                         |                                   |                                 |                                   |                                   |                                   |                                   |                         |                          |
| FUNCTIONAL FITNESS<br>13.00-14.00 |                             | FUNCTIONAL FITNESS<br>13.00-14.00 |                                   | FUNCTIONAL FITNESS<br>13.00-14.00 |                         | FUNCTIONAL FITNESS<br>13.00-14.00 |                                 | FUNCTIONAL FITNESS<br>13.00-14.00 |                                   |                                   |                                   |                         |                          |
|                                   |                             |                                   |                                   |                                   |                         |                                   |                                 |                                   |                                   | FUNCTIONAL FITNESS<br>14.00-15.00 |                                   |                         |                          |
|                                   |                             |                                   |                                   |                                   |                         |                                   |                                 |                                   |                                   |                                   |                                   |                         |                          |
| FUNCTIONAL FITNESS<br>16.30-17.30 |                             |                                   |                                   | FUNCTIONAL FITNESS<br>16.30-17.30 |                         |                                   |                                 | FUNCTIONAL FITNESS<br>16.30-17.30 |                                   |                                   |                                   |                         |                          |
| FUNCTIONAL FITNESS<br>17.30-18.30 |                             |                                   |                                   | FUNCTIONAL FITNESS<br>17.30-18.30 |                         |                                   |                                 | FUNCTIONAL FITNESS<br>17.30-18.30 |                                   |                                   |                                   |                         |                          |
| FUNCTIONAL FITNESS<br>18.30-19.30 |                             |                                   |                                   | FUNCTIONAL FITNESS<br>18.00-19.00 |                         |                                   |                                 | FUNCTIONAL FITNESS<br>18.00-19.00 |                                   |                                   |                                   |                         |                          |
| FUNCTIONAL FITNESS<br>19.30-20.30 | BODY FIT<br>19.00-20.00     | CCS<br>19.00-20.30                | FUNCTIONAL FITNESS<br>19.00-20.00 | POWERLIFTING<br>19.00-20.00       | CCS<br>19.00-20.30      | FUNCTIONAL FITNESS<br>19.30-20.30 | BODY FIT<br>19.00-20.00         | POWERLIFTING<br>19.00-20.00       | CALISTHENICS<br>19.30-20.30       | CCS<br>19.00-20.30                | FUNCTIONAL FITNESS<br>18.30-19.30 | BODY FIT<br>19.00-20.00 | PESISTICA<br>18.30-20.00 |
|                                   | CALISTHENICS<br>20.00-21.00 |                                   | FUNCTIONAL FITNESS<br>20.00-21.00 |                                   |                         | FUNCTIONAL FITNESS<br>19.30-20.30 | AEROBIC CAPACITY<br>20.00-21.00 |                                   | FUNCTIONAL FITNESS<br>20.00-21.00 |                                   | AEROBIC CAPACITY<br>19.30-20.30   |                         |                          |