

LISTINO PREZZI

	1 MESE	3 MESI	6 MESI	12 MESI
Functional Fitness	95 €	260 €	485 €	900 €
Body Fit	85 €	230 €	435 €	800 €
Forever Young	55 €	150 €	280 €	520 €
Pesistica	80 €	220 €	410 €	750 €
Aerobic Capacity	75 €	205 €	385 €	700 €
Specialistiche 2x*	60 €	165 €	310 €	580 €
Specialistiche 4x*	70 €	190 €	360 €	650 €
Powerlifting	75 €	205 €	385 €	700 €
Cross Combat System	79 €	215 €	405 €	750 €
Open Gym	77 €	210 €	390 €	700 €
OMNIA	115 €	310 €	590 €	1.100 €
OMNIA+	145 €	390 €	740 €	1.350 €

INGRESSI

10 Ingressi
Ingresso singolo

TUTORIAL

2x45'
4x45'

50€
90€

PERSONAL TRAINER
QUOTA ASSOCIATIVA (12 mesi)

40 €/h
10€

*Calisthenics, Mobility & Core

@yourrebornofficial



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you REBORN

PALINSESTO CORSI

PROGRAMMA SETTIMANALE



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00		
FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00		
	BODY FIT 09.00-10.00		FOREVER YOUNG 09.00-10.00		BODY FIT 09.00-10.00		FOREVER YOUNG 09.00-10.00		BODY FIT 09.00-10.00	
FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00
										MOBILITY & CORE 10.00-11.00
										PESISTICA 11.00-12.30
										POWERBUILDING 11.00-12.00
FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		
									FUNCTIONAL FITNESS 14.00-15.00	
FUNCTIONAL FITNESS 16.30-17.30				FUNCTIONAL FITNESS 16.30-17.30				FUNCTIONAL FITNESS 16.30-17.30		
FUNCTIONAL FITNESS 17.30-18.30		FUNCTIONAL FITNESS 17.00-18.00		FUNCTIONAL FITNESS 17.30-18.30				FUNCTIONAL FITNESS 17.30-18.30		
FUNCTIONAL FITNESS 18.30-19.30	BODY FIT 19.00-20.00	FUNCTIONAL FITNESS 18.00-19.00	MOBILITY & CORE 18.00-19.00		FUNCTIONAL FITNESS 18.00-19.00	PESISTICA 18.30-20.00		FUNCTIONAL FITNESS 18.30-19.30	POWERLIFTING 19.00-20.00	
FUNCTIONAL FITNESS 19.30-20.30		FUNCTIONAL FITNESS 19.00-20.00	POWERLIFTING 19.00-20.00	FUNCTIONAL FITNESS 19.00-20.00	CCS 19.00-20.30	CCS 19.00-20.30		FUNCTIONAL FITNESS 19.30-20.30	BODY FIT 19.00-20.00	
		FUNCTIONAL FITNESS 20.00-21.00		FUNCTIONAL FITNESS 19.30-20.30	AEROBIC CAPACITY 20.00-21.00	CCS 19.00-20.30		FUNCTIONAL FITNESS 20.00-21.00	AEROBIC CAPACITY 19.30-20.30	PESISTICA 18.30-20.00
		AEROBIC CAPACITY 20.30-21.30			CALISTHENICS 20.00-21.00	CALISTHENICS 20.00-21.00			CCS 19.00-20.30	
									CCS 19.00-20.30	
									AEROBIC CAPACITY 19.30-20.30	
									CCS 19.00-20.30	
										FUNCTIONAL FITNESS 20.00-21.00
										CALISTHENICS 20.00-21.00