

LISTINO PREZZI

	1 MESE	3 MESI	6 MESI	12 MESI
Functional Fitness	98 €	265 €	500 €	940 €
Body Fit	88 €	235 €	459 €	845 €
Pesistica	80 €	220 €	410 €	770 €
Aerobic	80 €	220 €	410 €	770 €
Powerlifting	80 €	220 €	410 €	770 €
Mobility/Core	80 €	220 €	410 €	770 €
Open Gym	80 €	220 €	410 €	770 €
Cross Combat System	80 €	220 €	410 €	770 €
Forever Young	57 €	155 €	290 €	550 €
OMNIA 3X	100 €	270 €	510 €	960 €
OMNIA 4X	110 €	300 €	560 €	1.060 €
OMNIA 5X	120 €	320 €	610 €	1.150 €
OMNIA+	148 €	395 €	755 €	1.390 €
*Integrazione "Plus"	20 €			

Ingresso singolo
10 Ingressi (3 mesi)
20 Ingressi (5 mesi)
Programmazione accessoria
Programmazione completa

TUTORIAL 2x45'
TUTORIAL 4x45'
Personal trainer
QUOTA ASSOCIATIVA

50 €
90 €
40 €/h
10 €

@yourebornofficial



@yourebornofficial



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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 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				BODY FIT 09.00-10.00				FOREVER YOUNG 09.00-10.00		BODY FIT 09.00-10.00			
					BODY FIT 10.00-11.00											FUNCTIONAL FITNESS 10.00-11.00		MOBILITY & CORE 10.00-11.00			
																		POWERBUILDING 11.00-12.00			
																		PESISTICA 11.30-13.00			
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 17.00-18.00				FUNCTIONAL FITNESS 17.00-18.00						FUNCTIONAL FITNESS 17.00-18.00						FUNCTIONAL FITNESS 17.00-18.00					
FUNCTIONAL FITNESS 18.00-19.00				PESISTICA 18.30-20.00		CCS 19.00-20.30		FUNCTIONAL FITNESS 18.00-19.00		MOBILITY & CORE 18.00-19.00				FUNCTIONAL FITNESS 18.00-19.00							
FUNCTIONAL FITNESS 19.00-20.00		BODY FIT 19.00-20.00		PESISTICA 18.30-20.00		CCS 19.00-20.30		POWERLIFTING 19.00-20.00		BODY FIT 19.00-20.00		GYMNASTIC 19.00-20.00		CCS 19.00-20.30		AEROBIC CAPACITY 19.00-20.00					
AEROBIC CAPACITY 20.00-21.00				CALISTHENICS 20.00-21.00				FUNCTIONAL FITNESS 20.00-21.00				CCS 19.00-20.30									