

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 6X	130 €	350 €	660 €	1.250 €

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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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 06.30-07.30		FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.30-07.30		
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	
FUNCTIONAL FITNESS 10.00-11.00			BODY FIT 10.00-11.00			FUNCTIONAL FITNESS 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	GYMNASTICS 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 17.00-18.00		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	BODY FIT 18.00-19.00		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 18.00-19.00	MOBILITY & CORE 18.00-19.00		
FUNCTIONAL FITNESS 19.00-20.00	BODY FIT 19.00-20.00	CCS 19.00-20.30	POWERLIFTING 19.00-20.00	BODY FIT 19.00-20.00	GYMNASTICS 19.00-20.00	CCS 19.00-20.30	BODY FIT 19.00-20.00	POWERLIFTING 19.00-20.00	BODY FIT 19.00-20.00	CCS 19.00-20.30	AEROBIC CAPACITY 19.00-20.00
AEROBIC CAPACITY 20.00-21.00			FUNCTIONAL FITNESS 20.00-21.00			AEROBIC CAPACITY 20.00-21.00	CALISTHENICS 20.00-21.30	FUNCTIONAL FITNESS 20.00-21.00			CALISTHENICS 19.30-21.00