

CORSI TERRA DAL 15/06/2026 – GARDEN SPORTING CENTER

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
05:00 – 09:00 PERSONAL GYM Sala Olos		05:00 – 09:00 PERSONAL GYM Sala Olos		05:00 – 09:00 PERSONAL GYM Sala Olos
09:00 YOGA Sala Rosa	09:00 GINNASTICA DOLCE Sala Rosa	09:00 FUNZIONALE Sala Rosa	09:00 GINNASTICA DOLCE Sala Rosa	09:00 TONIFICAZIONE Sala Rosa
10:00 TOTAL BODY Sala Rosa	10:00 TONIFICAZIONE Sala Rosa	10:00 GAG Sala Rosa	10:00 TONIFICAZIONE Sala Rosa	10:00 WELLNESS GROUP Sala Rosa
13:00 GAG Sala Rosa	13:00 CIRCUIT TRAINING PalaEvolness	13:00 PILATES Sala Rosa	13:00 CIRCUIT TRAINING PalaEvolness	13:00 YOGA Sala Rosa
		13:15 HYROX TRAINING PalaEvolness	13:15 HYROX TRAINING PalaEvolness	13:15 HYROX TRAINING PalaEvolness
14:30 – 17:00 PERSONAL GYM Sala Olos	14:30 – 16:30 PERSONAL GYM Sala Olos		14:30 – 17:00 PERSONAL GYM Sala Olos	
18:30 POWER PUSH PalaEvolness	18:30 TOTAL BODY Sala Rosa	18:30 TONIFICAZIONE Sala Rosa	18:30 TOTAL BODY Sala Rosa	18:30 GAG Sala Rosa
19:00 STEP Sala Rosa	(fino al 30/06) 18:30 – 19:15 SPINNING <u>a prenotazione</u> PalaEvolness		(fino al 30/06) 18:30 – 19:15 SPINNING <u>a prenotazione</u> PalaEvolness	18:30 YOGA Sala Rosa
	19:00 HYROX TRAINING PalaEvolness	19:00 HYROX TRAINING PalaEvolness		
19:30 HYROX TRAINING PalaEvolness	19:30 PILATES Sala Rosa	19:30 CARDIO MILITARY Sala Rosa	19:30 PILATES Sala Rosa	19:30 FUNZIONALE Sala Rosa

SERVIZIO CHE RICHIEDE ABBONAMENTO SPECIFICO

SERVIZIO CHE RICHIEDE ABBONAMENTO SPECIFICO

CORSI DAL 08/06/2026 - STEVEN SPORTING CLUB

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
08:30 MOBILITY	09:30 YOGA	08:30 PILATES	09:30 TOTAL BODY	08:30 TOTAL BODY
09:00 - 11:00 PILATES REFORMER	08:00 - 09:00 09:00 - 10:00 PILATES REFORMER	09:00 - 11:00 PILATES REFORMER	08:00 - 09:00 09:00 - 10:00 PILATES REFORMER	09:00 - 11:00 PILATES REFORMER
09:30 CIRCUIT STEVEN		09:30 CIRCUIT TRAINING		09:30 GAG
13:00 - 14:00 PILATES REFORMER		13:00 - 14:00 PILATES REFORMER		13:00 - 14:00 PILATES REFORMER
13:00 CARDIO MILITARY	13:00 TOTAL BODY	13:00 CIRCUIT STEVEN	13:00 TONIFICAZIONE	13:00 CIRCUIT TRAINING
17:30 PILATES	17:30 YOGA		17:30 MOBILITY	
18:00 - 20:00 PILATES REFORMER	18:00 - 20:00 PILATES REFORMER	17:00 - 19:00 PILATES REFORMER	18:00 - 20:00 PILATES REFORMER	17:00 - 19:00 PILATES REFORMER
18:30 CIRCUIT STEVEN	18:30 CARDIO TRAINING	18:30 - 19:15 TONIFICAZIONE	18:30 CARDIO TRAINING	18:30 PUSH POWER
19:30 CARDIO MILITARY	19:30 CARDIO TONO	19:30 STEP	19:30 FITBOXE	