

clinique

FITNESS | SPORT | MEDICAL | LONGEVITY

GROUP CLASSES

	SALA		LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
MORNING	MOTION STUDIO	07:00		MORNING FLOW (1h) Elena		MORNING FLOW (1h) Elena	
		08:00		BODY SCULPT (1h) Elena		BODY SCULPT (1h) Elena	
		09:00		PILATES (1h) Elena		PILATES (1h) Elena	
	BEAT STUDIO	09:00	POSTURAL (1h) Stefano		POSTURAL (1h) Stefano		
	MOTION STUDIO	09:30	CORPO LIBERO (1h) Marta		CORPO LIBERO (1h) Marta		CORPO LIBERO (1h) Marta
		10:30	TOTAL BODY (45') Marta		TOTAL BODY (45') Marta		
	BEAT STUDIO	11:00		UPPER BODY (1h) Elena		UPPER BODY (1h) Elena	
	BEAT STUDIO	11:15	WALKING (45') Marta		WALKING (45') Marta		
LUNCH	MOTION STUDIO	12:45		FUNCTIONAL ANIMAL FLOW (45') Elena		BODY SCULPT (45') Elena	
	BEAT STUDIO				TOTAL BODY (30') Luciano		
	BEAT STUDIO	12:50		SPINNING (45') Lara			SPINNING (45') Lara
	MOTION STUDIO	13:00	WALKING (45') Giada			WALKING (45') Giada	
		13:15	FIT BOXE (45') Marta		FUNCTIONAL TRAINING (30') Luciano		FUNCTIONAL TRAINING (30') Luciano
	BEAT STUDIO	13:30		POWER PILATES (45') Elena		PILATES BARRE' (45') Elena	
	BEAT STUDIO	13:35		WALKING (45') Lara			WALKING (45') Lara
	MOTION STUDIO	13:45			ADDOMINALI (30') Luciano		ADDOMINALI (30') Luciano
EARLY AFTERNOON	MOTION STUDIO	14:00	GAG (30') Marta				
		15:00					Danza classica (1h30)
		16:00	PILATES (45') Anna			PILATES (45') Anna	
HAPPY HOUR	BEAT STUDIO	16:45			BODY SCULPT (45') Elena		
	MOTION STUDIO	17:00	HIP HOP (1h)		HIP HOP (1h)		CORPO LIBERO (1h) Elena
		17:15	FULL BODY WORKOUT (30') Lara				
		17:30			FUNCTIONAL ANIMAL FLOW (45') Elena	FULL BODY WORKOUT (30') Lara	Danza classica (1h)
		17:45	FUNCTIONAL TRAINING (45') Lara				
	BEAT STUDIO	18:00		STRONG WORKOUT (45') Giada		FUNCTIONAL TRAINING (45') Lara	
	MOTION STUDIO	18:15			POWER PILATES (45') Elena		POWER PILATES (30') Elena
	BEAT STUDIO	18:30	WALKING (45') Lara		ADDOMINALI (30') Samuel		ADDOMINALI (30') Samuel
	MOTION STUDIO	18:30					GAG (30') Elena
	BEAT STUDIO	18:45	TOTAL BODY (30') Luciano	HYROXTraining (1h) Lara		TOTAL BODY (30') Luciano	
EVENING	MOTION STUDIO	19:00			CROSS TRAINING (45') Samuel		CROSS TRAINING (45') Samuel
	BEAT STUDIO						POWER PILATES (45') Elena
	MOTION STUDIO	19:15	ADDOMINALI (30') Luciano			ADDOMINALI (30') Luciano	
	BEAT STUDIO		ZUMBA (30') Anna				
	BEAT STUDIO	19:30		WALKING (45') Giada	SPINNING (1h) Sandro	SPINNING (1h) Sandro	
	MOTION STUDIO	19:45	PILATES (45') Anna	ZUMBA (45') Anna	FIT BOXE (45') Marta	PILATES (45') Anna	FIT BOXE (45') Marta
	BEAT STUDIO		SPINNING (1h) Sandro				
	GYM STUDIO	20:00		Ginnastica Artistica adulti		Ginnastica Artistica adulti	
	MOTION STUDIO	20:30	YOGA (1h) Lucia	Kik Boxing (1h)	Difesa Personale (1h)	Kik Boxing (1h)	Difesa Personale (1h)
	BEAT STUDIO			Danza adulti (1h) Giada			

🕒 Orari di apertura Lunedì – Venerdì: 7:00 – 22:00 Sabato: 10:00 – 17:00	☎ Tel. 075 8520111 WhatsApp 3758380021 ✉ info@cliniquecenter.it 🌐 www.cliniquecenter.it 📱 Instagram Facebook TikTok	📍 Indirizzo Via Achille Grandi, 11 Città di Castello (PG)
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