

In vigore dal 14/09/26

	SALA		LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
MORNING	MOTION STUDIO	07:00		MORNING FLOW (1h) Elena	YOGA (1h) Anna	MORNING FLOW (1h) Elena	
		08:00	POSTURAL (1h) Stefano	BODY SCULPT (1h) Elena	POSTURAL (1h) Stefano	BODY SCULPT (1h) Elena	
	BEAT STUDIO	08:30	TOTAL BODY (1h) Marta		WALKING (1h) Marta		TOTAL BODY (1h) Marta
		09:00		PILATES (1h) Elena		PILATES (1h) Elena	
	MOTION STUDIO	09:30	CORPO LIBERO (1h) Marta		CORPO LIBERO (1h) Marta		CORPO LIBERO (1h) Marta
		10:00		UPPER BODY (1h) Elena		PILATES REFORMER (45') Elena	
	BEAT STUDIO	10:30	WALKING (1h) Marta		Full Body Mobility (45') Marta		
	MOTION STUDIO	11:00		GINNASTICA DOLCE (1h) Elena		GINNASTICA DOLCE (1h) Elena	
LUNCH	BEAT STUDIO	12:00		PILATES REFORMER (45') Elena		PILATES REFORMER (45') Elena	
	MOTION STUDIO	12:45			TOTAL BODY (30') Luciano		
	BEAT STUDIO	12:50		SPINNING (45') Lara			SPINNING (45') Lara
	MOTION STUDIO	13:00		POWER PILATES (45') Elena	FUNCTIONAL TRAINING (30') Luciano	BODY SCULPT (45') Elena	FUNCTIONAL TRAINING (30') Luciano
	BEAT STUDIO	13:15				WALKING (45') Marta	
	MOTION STUDIO	13:30	FIT BOXE (45') Marta				
	BEAT STUDIO	13:35	YOGA (1h) Anna	WALKING (45') Lara			WALKING (45') Lara
	MOTION STUDIO	13:45			ADDOMINALI (30') Luciano		ADDOMINALI (30') Luciano
EARLY AFTERNOON		14:00		PILATES BARRE' (45') Elena		Full Body Mobility (45') Marta PILATES BARRE' (45') Elena	
	MOTION STUDIO	14:15	GAG (30') Marta				
	BEAT STUDIO	15:00		PILATES REFORMER (45') Elena			
		15:45			PILATES REFORMER (45') Elena		
		16:00		PILATES (45') Anna		PILATES REFORMER (45') Anna	PILATES REFORMER (45') Elena
	MOTION STUDIO	16:45			BODY SCULPT (45') Elena		
HAPPY HOUR	BEAT STUDIO	17:00	HIP HOP (1h)			HIP HOP (1h)	
	MOTION STUDIO	17:30	FUNCTIONAL TRAINING (45') Lara	FULL BODY WORKOUT (45') Marta	FUNCTIONAL TRAINING (45') Lara	GAG (30') Marta	UPPER BODY (30') Elena
	BEAT STUDIO	18:00			FUNCTIONAL ANIMAL FLOW (45') Elena		FUNCTIONAL ANIMAL FLOW (1h) Elena
	MOTION STUDIO	18:15	HYROX Training (45') Lara	AERO-STEP (45') Marta	POWER PILATES (45') Elena	AERO-STEP (45') Marta	STRONG WORKOUT (45') Samuel
	BEAT STUDIO	18:15			WALKING (45') Lara		
		18:45		ZUMBA (45') Lucia		ZUMBA (45') Lucia	
	MOTION STUDIO					TOTAL BODY (30') Luciano	
EVENING	MOTION STUDIO	19:00	TOTAL BODY (30') Luciano	STRONG WORKOUT (45') Samuel	HYROX Training (45') Lara		POWER PILATES (45') Elena
	BEAT STUDIO		WALKING (45') Lara				WALKING (45') Marta
	MOTION STUDIO	19:15				ADDOMINALI (30') Luciano	
	BEAT STUDIO	19:30		WALKING (45') Marta	SPINNING (1h) Sandro		
	MOTION STUDIO		ADDOMINALI (30') Luciano				
	BEAT STUDIO	19:45		PILATES (45') Anna	FIT BOXE (45') Marta	PILATES (45') Anna	FIT BOXE (45') Marta
	MOTION STUDIO	20:00	SPINNING (1h) Sandro				PILATES REFORMER (45') Elena
	BEAT STUDIO	20:15	DYNAMIC PILATES (45') Anna				
		20:30		YOGA (1h) Anna		YOGA (1h) Anna	
	MOTION STUDIO				Full Body Mobility (45') Marta		
				Kick Boxing (1h)	Difesa Personale (1h)	Kick Boxing (1h)	Difesa Personale (1h)

*L'orario può subire variazioni

Orari di apertura Lunedì – Venerdì: 7:00 – 22:00 Sabato: 10:00 - 17:00 Sabato da ottobre: 8:00 – 18:00	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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