


## GROUP CLASSES

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

 **Orari di apertura**  
Lunedì – Venerdì: 7:00 – 22:00  
Sabato: 10:00 – 17:00

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