cliniQue
FITNESS | SPORT | MEDICAL | LONGEVITY

GROUP CLASSES

In vigore dal 03/09/26

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