

PLANNING FITNESS 2022/2023

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.00 / 09.50 MOBILITY SAVERIO	09.00/09.50 GINNASTICA DOLCE COSTANZA	09.00/09.50 POSTURALE COSTANZA	09.00/09.50 GINNASTICA DOLCE COSTANZA	09.00/09.50 MOBILITY SAVERIO	
10.00 / 11.00 PILATES COSTANZA	10.00/10.50 POSTURALE MIOFASCIALE COSTANZA	10.00/10.50 PILATES COSTANZA	10.00/10.50 GINNASTICA VERTEBRALE COSTANZA	10.00/10.50 PILATES COSTANZA	
11.00/11.50 TOTAL BODY ROSHANE	11.00/11.50 FIT BOXE COSTANZA	11.00/11.50 MOMA WORKOUT CHIARA	11.00/11.50 TOTAL BODY COSTANZA	11.00/11.50 TOTAL BODY ROSHANE	
12.00/12.50 BODY PUMP ROSHANE	12.00/12.50 FUNCTIONAL STEP COSTANZA	12.00/12.50 CARDIO WORKOUT ROSSANA	12.00/12.50 FUNCTIONAL STEP COSTANZA	12.00/12.50 CARDIO WORKOUT ROSHANE	12.00/12.50 SPINNING TURNAZIONE
14.00/14.50 FUNZIONALE GIUSEPPE	13.30/14.50 SPINNING MAURIZIO	14.30/15.20 FUNZIONALE GIUSEPPE	13.30/14.50 SPINNING MAURIZIO	14.00/14.50 FUNZIONALE GIUSEPPE	
16.00/16.50 PILATES ROSSANA	14.30/15.20 GAG ROSSANA	16.00/17.00 PILATES ROSSANA	14.00/14.50 UPPER BODY ROSSANA	16.00/16.50 PILATES ROSSANA	
17.00/17.50 INTERVAL TRAINING ROSSANA		17.00/17.50 GAG ROSSANA		17.00/17.50 INTERVAL TRAINING ROSSANA	
18.00/18.50 STRONG NATION SIMONA	17.00/17.50 TONE UP GIUSEPPE	18.00/18.50 STRONG NATION SIMONA	17.00/17.50 BODY PUMP GIUSEPPE	18.00/18.50 STRONG NATION SIMONA	
19.00/19.50 SPINNING GIUSEPPE F.	18.00/18.50 STEP COREO ANITA	19.00/19.50 SPINNING GIUSEPPE F.	18.00/18.50 ZUMBA SIMONA	19.00/19.50 SPINNING GIUSEPPE F.	
19.30/20.20 BODYWEIGHT ANITA	19.00/19.50 ZUMBA SIMONA	19.30/20.20 AERODANCE ANITA	19.00/19.50 STEP COREO ANITA	19.00/19.50 FUNZIONALE GIUSEPPE	
20.30/21.30 DEFINITION WORKOUT ANITA	20.00/20.50 AEREO BOXE ANITA	20.30/21.20 CIRCUIT FUNCTIONAL ANITA	20.00/20.50 FUNZIONALE ANITA	20.00/20.50 TONE UP ANITA	

ORARIO SALA PESI

Dal Lunedì al Venerdì

07.10 – 21.45

Sabato 09.10 – 17.45

Domenica 10.10 – 13.45

PRENOTAZIONE OBBLIGATORIA

TRAMITE

APP.MOOPLAN (759139)

Via Biorde Michelotti 1-2-3-4

Largo Preneste

Tel. 0634002323

Infopantareisport@gmail.com

www.pantareisport.it

