

PLANNING LEZIONI

LUNEDI'

Postural	8.00-9.00	S1
Postural	9.00-10.00	S1
Jumping	10.00-11.00	S1
Pilates	10.00-11.00	S2
Yoga	11.00-12.00	S1
Pancafit	11.00-12.00	S2
Gag	13.30-14.30	S1
Pilates	13.30-14.30	S2
G.Cycling	13.30-14.30	S3
Functional	14.30-15.30	S2
Postural	15.30-16.30	S1
Pilates	16.30-17.30	S2
Total body	17.00-18.00	S1
Gag	18.00-19.00	S1
Kick B.	18.30-19.30	S2
Zumba	19.00-20.00	S1
Kick B.	19.30-20.30	S2
Justpump	20.00-21.00	S1
G.Cycling	20.00-21.00	S3
Kick B.	20.30-21.30	S2

MARTEDI'

Pancafit	8.30-9.30	S1
Zumba	9.30-10.30	S1
Postural	10.30-11.30	S1
Functional	10.30-11.30	S2
Trx	11.30-12.30	S2
Justpump	13.30-14.30	S1
Kick B.	13.30-14.30	S2
G.Cycling	13.30-14.30	S3
Yoga	16.00-17.00	S1
Bodyfluyng	16.00-17.00	S2
Zumba	17.00-18.00	S1
Jumping	18.00-19.00	S1
Functional	18.00-19.00	S2
Tone up	19.00-20.00	S1
Preboxe	19.30-20.30	S2
G.Cycling	19.30-20.30	S3
Pilates	20.00-21.00	S1
Krav Maga	20.30-21.30	S2
Salsa	21.00-23.00	S1

MERCOLEDI'

Postural	8.00-9.00	S1
Postural	9.00-10.00	S1
Justpump	10.00-11.00	S1
Pilates	10.00-11.00	S2
SVC	11.00-12.00	S1
Pancafit	11.00-12.00	S2
Total body	13.30-14.30	S1
G.Cycling	13.30-14.30	S3
Postural	15.30-16.30	S1
Pilates	16.30-17.30	S2
Total body	17.00-18.00	S1
Step C.	18.00-19.00	S1
Kick B.	18.30-19.30	S2
Zumba	19.00-20.00	S1
Kick B.	19.30-20.30	S2
G.Cycling	19.30-20.30	S3
Zumba	20.00-21.00	S1
Kick B.	20.30-21.30	S2
Salsa	21.00-23.00	S1

GIOVEDI'

Zumba	9.30-10.30	S1
Postural	10.30-11.30	S1
Functional	10.30-11.30	S2
Trx	11.30-12.30	S2
Zumba	13.30-14.30	S1
Kick B.	13.30-14.30	S2
SVC	14.30-15.30	S1
Yoga	16.00-17.00	S1
Bodyfluyng	16.00-17.00	S2
Postural T.	17.00-18.00	S1
Pancafit	17.00-18.00	S2
Circuit Tr.	18.00-19.00	S1
Functional	18.00-19.00	S2
Tone up	19.00-20.00	S1
Preboxe	19.30-20.30	S2
G.Cycling	19.30-20.30	S3
Gag	20.00-21.00	S1
Krav Maga	20.30-21.30	S2
Salsa	21.00-23.00	S1

VENERDI'

Postural	8.00-09.00	S1
Postural	9.00-10.00	S1
Jumping	10.00-11.00	S1
Pilates	10.00-11.00	S2
Yoga	11.00-12.00	S1
Gag	13.30-14.30	S1
Pilates	13.30-14.30	S2
G.Cycling	13.30-14.30	S3
Functional	14.30-15.30	S2
Postural	15.30-16.30	S1
Pilates	16.30-17.30	S2
SVC	17.00-18.00	S1
Total body	17.30-18.30	S2
Jumping	18.00-19.00	S1
Kick B.	18.30-19.30	S2
Justpump	19.00-20.00	S1
Kick B.	19.30-20.30	S2
G.Cycling	19.30-20.30	S3
Pilates	20.00-21.00	S1
Kick B.	20.30-21.30	S2

SABATO

Pilates	9.00-10.00	S1
Preboxe	9.30-10.30	S2
Strong	10.30-11.30	S1
Functional	10.30-11.30	S2
Zumba	11.30-12.30	S1
Trx	11.30-12.30	S2
Kick B.	13.30-14.30	S2
G.Cycling	13.30-14.30	S3

LEGENDA

Cardio	Red
Tonificazione	Light Blue
Funzionale	Light Green
Body & Mind	Purple
Fighting	Yellow
Extra	White
S: sala	

*gli orari possono subire variazioni
*le lezioni hanno una durata di 50 min



ORARIO APERTURA PALESTRA: DA LUN a VEN 6.30-24.00 | SAB: 8.30-19.00 | DOMENICA: 9.00-19.00

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