

# EGÒ FITNESS CLUB

## ORARI CORSI

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TUTTI I CORSI SI TENGONO CON MINIMO 5 PARTECIPANTI.

PER TUTTI I CORSI E' RICHIESTA LA PRENOTAZIONE DA EFFETTUARE TRAMITE LA NOSTRA APP O II  
SEGRETERIA.

Tutti i corsi contrassegnati con \*\* necessitano di prenotazione.

Le prenotazioni dei corsi si effettuano telefonando in segreteria o con whatsapp.

Cellulare: +39 393 8108185

# SALA 1

| Lunedì                                           | Martedì                                                      | Mercoledì                                           | Giovedì                                                      | Venerdì                                       | Sabato                                      | Domenica |
|--------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------|---------------------------------------------|----------|
| <b>AFA</b><br>08:30-09:30<br>Erika<br>**         | <b>Posturale</b><br>08:30-09:30<br>Erika<br>**               | <b>AFA</b><br>08:30-09:30<br>Erika<br>**            | <b>Posturale</b><br>08:30-09:30<br>Erika<br>**               | <b>AFA</b><br>08:30-09:30<br>Erika<br>**      |                                             |          |
| <b>Pilates</b><br>09:30-10:30<br>Erika<br>**     | <b>FUNCTIONAL STRETCHING</b><br>09:30-10:30<br>ELETTRA<br>** | <b>CARDIO PILATES</b><br>09:30-10:30<br>Erika<br>** | <b>FUNCTIONAL STRETCHING</b><br>09:30-10:30<br>ELETTRA<br>** | <b>Pilates</b><br>09:30-10:30<br>Ilaria<br>** | <b>TABATA</b><br>10:00-11:00<br>Erika<br>** |          |
| <b>Total Body</b><br>10:30-11:30<br>Giulia<br>** | <b>Body Sculpture</b><br>10:30-11:30<br>Erika<br>**          | <b>STRIDING</b><br>10:30-11:30<br>Giulia<br>**      | <b>TABATA</b><br>10:30-11:30<br>Erika<br>**                  | <b>Gag</b><br>10:30-11:30<br>Giulia<br>**     | <b>Pilates</b><br>11:00-12:00<br>Ilaria     |          |
|                                                  |                                                              |                                                     |                                                              |                                               |                                             |          |

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|-------------------------------------------------------|------------------------------------------------|------------------------------------------|
| <b>Reggaeton Fitness</b><br>13:30-14:30<br>Anna<br>** | <b>Glam Dance</b><br>13:30-14:30<br>Anna<br>** | <b>AEROLATINO</b><br>13:30-14:30<br>Anna |
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|------------------------------------------------------------|-------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------|
| <b>Pilates</b><br>16:00-17:00<br>Ilaria<br>**              |                                                 | <b>Pilates</b><br>16:00-17:00<br>Ilaria<br>**              | <b>Pilates</b><br>16:00-17:00<br>Ilaria                   |                                                  |
| <b>POSTURAL TONE</b><br>17:00-18:00<br>Alessandra<br>**    | <b>TRX/PUMP</b><br>17:00-18:00<br>Alessio<br>** | <b>POWER TONE</b><br>17:00-18:00<br>Alessandra<br>**       | <b>SUPERADDOME/TABATA</b><br>17:00-18:00<br>Alessio<br>** | <b>TABATA</b><br>17:00-18:00<br>Alessandra<br>** |
| <b>Kettlebell workout</b><br>18:00-19:00<br>Linda<br>**    | <b>Pilates</b><br>18:00-19:00<br>Ilaria<br>**   | <b>Reggaeton Fitness</b><br>18:00-19:00<br>Anna<br>**      | <b>Super addome</b><br>18:00-18:30<br>Linda<br>**         | <b>Pilates</b><br>18:00-19:00<br>Ilaria<br>**    |
| <b>Super addome</b><br>19:00-19:30<br>Linda<br>**          | <b>Yoga</b><br>19:00-20:30<br>Ilaria<br>**      | <b>pole dance</b><br>19:00-20:00<br>Giulia / Elettra<br>** | <b>Kettlebell workout</b><br>18:30-19:30<br>Linda<br>**   | <b>Yoga</b><br>19:00-20:30<br>Ilaria<br>**       |
| <b>pole dance</b><br>19:30-20:30<br>Giulia / Elettra<br>** |                                                 | <b>pole dance</b><br>20:00-21:00<br>Giulia / Elettra<br>** | <b>Zumba</b><br>19:30-20:30<br>Alessandra<br>**           |                                                  |
|                                                            |                                                 |                                                            | <b>Balli caraibici</b><br>20:30-21:30<br>Anna<br>**       |                                                  |
|                                                            |                                                 |                                                            | <b>Balli caraibici</b><br>21:30-22:30<br>Anna<br>**       |                                                  |

## SALA 2

| Lunedì                                                       | Martedì                                             | Mercoledì                                                    | Giovedì                                             | Venerdì                                                      | Sabato | Domenica |
|--------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------|--------|----------|
|                                                              | Pilates<br>13:30-14:30<br>Ilaria<br>**              |                                                              | Pilates<br>13:30-14:30<br>Ilaria<br>**              |                                                              |        |          |
|                                                              |                                                     |                                                              |                                                     |                                                              |        |          |
|                                                              |                                                     |                                                              |                                                     |                                                              |        |          |
|                                                              |                                                     |                                                              |                                                     |                                                              |        |          |
|                                                              |                                                     |                                                              |                                                     |                                                              |        |          |
| Calisthenics kids<br>17:00-18:00<br>Giulia / Elettra<br>**   | LATIN URBAN KIDS<br>17:00-18:00<br>Alessandra<br>** | Calisthenics kids<br>17:00-18:00<br>Giulia / Elettra<br>**   | LATIN URBAN KIDS<br>17:00-18:00<br>Alessandra<br>** | Hip Hop Kids<br>17:00-18:00<br>VIRGINIA                      |        |          |
| Calisthenics Junior<br>18:00-19:00<br>Giulia / Elettra<br>** | Gag Evolution<br>18:30-19:30<br>Alessio<br>**       | Calisthenics Junior<br>18:00-19:00<br>Giulia / Elettra<br>** | Total Body<br>18:30-19:30<br>Alessio<br>**          | Calisthenics Junior<br>18:00-19:00<br>Giulia / Elettra<br>** |        |          |
| Calisthenics Base<br>19:00-20:00<br>Giulia / Elettra<br>**   | Fit Boxe<br>19:30-20:30<br>Alessio<br>**            | Calisthenics Base<br>19:00-20:00<br>Giulia / Elettra<br>**   | Fit Boxe<br>19:30-20:30<br>Alessio<br>**            | Calisthenics Base<br>19:00-20:00<br>Giulia / Elettra<br>**   |        |          |

## SALA 3

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