STAGIONE
**2025**

# *ORARIO* **FITNESS**

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|---|---|---|---|---|---|
| | | 9.30 10.00 VERTEBRALE | 9.30 10.00 DOLCE | | |
| | | 10.00 10.30 DOLCE | 10.00 10.30 VERTEBRALE | | |
| 10.30 11.15 CIRCUITO | 10.30 11.30 PILATES | | | 10.30 11.30 PILATES | 10.30 11.30 CIRCUIT TRAINING |
| 12.30 13.00 CIRCUITO TRAINING | 12.30 13.00 CIRCUITO | 12.30 13.00 CRUNCH CARDIO | 12.30 13.00 STRETCHING | 12.30 13.00 TOTALBODY | |
| 13.00 13.30 CIRCUITO TRAINING | 13.00 13.30 PILATES | 13.00 13.30 TABATA | 13.00 13.30 CIRCUIT TRAINING | 13.00 13.30 TOTALBODY | |
| 13.30 14.00 STRETCHING | 13.30 14.00 STRETCHING | 13.30 14.00 STRETCHING | 13.30 14.00 CIRCUIT TRAINING | 13.30 14.00 STRETCHING | |
| 17.00 17.30 ZUMBA | 17.00 17.30 DOLCE | 17.00 17.30 ZUMBA | 17.00 17.30 DOLCE | 17.00 17.30 ZUMBA | |
| 17.30 18.00 ZUMBA | 17.30 18.00 VERTEBRALE | 17.30 18.00 ZUMBA | 17.30 18.00 VERTEBRALE | 17.30 18.00 ZUMBA | |
| 18.00 18.30 CIRCUIT TRAINING | 18.00 18.30 CRUNCH CARDIO | | 18.00 18.30 CRUNCH CARDIO | 18.00 18.30 CIRCUIT TRAINING | |
| 18.30 19.00 CIRCUIT TRAINING | 18.30 19.00 TABATA | | 18.30 19.00 TABATA | 18.30 19.00 CIRCUIT TRAINING | |

ORARIO SALA: Lun - Ven 7-20.30 Sab 9-17 Dom 9-14

S.S.D.R.L.
CROCERA
STADIUM
UN MONDO DI SPORT