

| Lunedì          |                                       | Martedì         |                                   | Mercoledì       |                                       | Giovedì         |                                   | Venerdì                |                                 | Sabato          |                              |                 |                    |
|-----------------|---------------------------------------|-----------------|-----------------------------------|-----------------|---------------------------------------|-----------------|-----------------------------------|------------------------|---------------------------------|-----------------|------------------------------|-----------------|--------------------|
| 09:30<br>sala 2 | GINNASTICA POSTURALE<br>Valerio       | 09:30<br>sala 1 | CARDIO & TONE<br>Szilvia          | 09:30<br>sala 2 | GINNASTICA POSTURALE<br>Valerio       | 09:30<br>sala 1 | CIRCUIT TRAINING<br>Szilvia       | 09:30<br>sala 2        | GINNASTICA POSTURALE<br>Valerio | 10:30<br>sala 1 | SPECIAL CLASS 90'            |                 |                    |
| 09:30<br>sala 1 | NTC NIKE<br>Alessandra                | 10:30<br>sala 1 | FLEX & MOBILITY 30'<br>Szilvia    | 09:30<br>sala 1 | TOTAL BODY<br>Alessandra              | 10:30<br>sala 1 | FLEX & MOBILITY 30'<br>Szilvia    | 09:30<br>sala 1        | CIRCUIT TRX<br>Alessandra       | 12:00<br>sala 2 | DANZA AEREA *<br>Giulia      |                 |                    |
| 10:30<br>sala 1 | YIN YOGA 30'<br>Alessandra            | 13:30<br>sala 1 | NTC NIKE<br>Gian Marco            | 10:30<br>sala 1 | YIN YOGA 30'<br>Alessandra            | 13:30<br>sala 1 | TABATA TRAINING<br>Gian Marco     | 13:30<br>sala 3        | INDOOR CYCLING *<br>Catia       | 12:00<br>sala 3 | INDOOR CYCLING *<br>Catia    |                 |                    |
| 13:30<br>sala 3 | INDOOR CYCLING *<br>Catia             | 17:30<br>sala 3 | INDOOR CYCLING *<br>Catia         | 13:30<br>sala 3 | INDOOR CYCLING *<br>Catia             | 17:30<br>sala 3 | INDOOR CYCLING *<br>Catia         | 13:30<br>sala 1        | CIRCUIT TRX<br>Alessandra       | 13:00<br>sala 2 | POLE DANCE *<br>Giulia       |                 |                    |
| 13:30<br>sala 1 | FUNCTIONAL CIRCUIT<br>Alessandra      | 18:00<br>sala 1 | TOTAL BODY<br>Marco               | 13:30<br>sala 1 | FIT BOXE<br>Alessandra                | 18:00<br>sala 1 | TABATA TRAINING<br>Marco          | 17:00<br>sala 1        | SEVEN CROSS<br>Francesco        | 15:30<br>sala 1 | KOREAN D. / HMD *<br>Stefano |                 |                    |
| 17:00<br>sala 1 | SEVEN CROSS<br>Francesco              | 18:00<br>sala 2 | KOREAN DRAGON FAMILY *<br>Stefano | 17:00<br>sala 1 | SEVEN CROSS<br>Francesco              | 18:00<br>sala 2 | KOREAN DRAGON FAMILY *<br>Stefano | 18:00<br>sala 1        | THAIBOXE FIT<br>Francesco       | Domenica        |                              |                 |                    |
| 18:00<br>sala 1 | SEVEN CROSS<br>Francesco              | 19:00<br>sala 1 | FUNCTIONAL CIRCUIT<br>Marco       | 18:00<br>sala 2 | CARDIO & TONE<br>Sabrina              | 19:00<br>sala 1 | NTC NIKE<br>Marco                 | 18:40<br>sala 2        | TOTAL BODY<br>Szilvia           |                 |                              | 10:30<br>sala 1 | TOTAL BODY 90'<br> |
| 18:15<br>sala 2 | PILATES<br>Sabrina                    | 19:00<br>sala 2 | PILATES<br>Valerio                | 18:00<br>sala 1 | THAIBOXE FIT<br>Francesco             | 19:00<br>sala 2 | PILATES<br>Valerio                | 19:00<br>sala 1        | SEVEN CROSS<br>Francesco        |                 |                              |                 |                    |
| 19:00<br>sala 1 | HIIT FUNCTIONAL TRAINING<br>Francesco | 19:15<br>sala 3 | INDOOR CYCLING *<br>Catia         | 19:00<br>sala 2 | PILATES<br>Sabrina                    | 19:15<br>sala 3 | INDOOR CYCLING *<br>Catia         | 20:00<br>sala 1        | PREPUGILISTICA *<br>Stefano     |                 |                              |                 |                    |
| 19:15<br>sala 2 | PILATES<br>Sabrina                    | 20:00<br>sala 1 | KOREAN DRAGON *<br>Stefano        | 19:00<br>sala 1 | HIIT FUNCTIONAL TRAINING<br>Francesco | 20:00<br>sala 1 | KOREAN DRAGON *<br>Stefano        | 21:00<br>sala 1        | KICK BOXING *<br>Stefano        |                 |                              |                 |                    |
| 20:15<br>sala 2 | PREPUGILISTICA *<br>Stefano           | 21:00<br>sala 2 | POLE DANCE *<br>Giulia            | 20:00<br>sala 2 | PREPUGILISTICA *<br>Stefano           | 21:00<br>sala 2 | POLE DANCE *<br>Giulia            |                        |                                 |                 |                              |                 |                    |
| 20:30<br>sala 1 | SEVEN CROSS<br>Francesco              | 21:00<br>sala 1 | HWAL MOO DO *<br>Stefano          | 20:30<br>sala 1 | SEVEN CROSS<br>Francesco              | 21:00<br>sala 1 | HWAL MOO DO *<br>Stefano          |                        |                                 |                 |                              |                 |                    |
| 21:15<br>sala 2 | KICK BOXING *<br>Stefano              |                 |                                   | 21:00<br>sala 2 | KICK BOXING *<br>Stefano              |                 |                                   |                        |                                 |                 |                              |                 |                    |
| Corpo & Mente   |                                       | Tonificazione   |                                   | Interval        |                                       | Funzionale      |                                   | Coordinazione & Cardio |                                 | * Corsi Extra   |                              |                 |                    |

# seven sporting club

Via R.B. Bandinelli, 132 (c/o Palacavicchi) - Roma  
telefono: 06 79 15 152 Whatsapp: 351 972 77 06



## ORARI PALESTRA

Lunedì - Venerdì 07:00 - 23:00  
Sabato 09:00 - 19:00  
Domenica 09:00 - 14:00

[www.7sportingclub.com](http://www.7sportingclub.com)  
[info@7sportingclub.com](mailto:info@7sportingclub.com)

## CENTRO ESTETICO

Martedì - Venerdì 10:00 - 20:00  
Sabato 10:00 - 19:00  
Domenica e Lunedì Chiuso

## PARRUCCHIERE D.P.

Martedì - Sabato 09:30 - 18:30  
Domenica e Lunedì Chiuso