

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