

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

|               |               |          |            |                        |               |
|---------------|---------------|----------|------------|------------------------|---------------|
| Corpo & Mente | Tonificazione | Interval | Funzionale | Coordinazione & Cardio | * Corsi Extra |
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# 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