

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