

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09:00 GINNASTICA POSTURALE 60' sala 2 Valerio	09:00 TOTAL BODY FUNCT. 60' sala 1 Giulia	09:00 GINNASTICA POSTURALE 60' sala 2 Valerio	09:00 ZERO TONE '60 sala 1 Giulia	09:00 GINNASTICA POSTURALE 60' sala 2 Valerio	10:00 TECNICHE ENERGETICHE * sala 2 Sonia
09:30 CARDIO PUMP '60 sala 1 Alessandra V.	09:30 PREPUGILISTICA * sala 2 Federico	09:30 STEP & TONE '60 sala 2 Alessandra V.	09:30 PREPUGILISTICA * sala 2 Federico	09:30 TABATA TRAINING 60' sala 1 Alessandra V.	10:30 SPECIAL CLASS 90' sala 1
10:30 ZUMBA 60' sala 2 Szilvia	10:40 TABATA TRAINING 60' sala 1 Giulia	11:00 CIRCUIT TRX '60 sala 1 Alessandra V.	10:40 PILATES '60 sala 1 Giulia	10:30 ZUMBA 60' sala 2 Szilvia	12:00 DANZA AEREA * sala 2 Giulia
11:00 FUNCTIONAL CIRCUIT 60' sala 1 Alessandra V.	11:00 POLE DANCE * sala 2 Giulia	12:00 HMD POWER TRAINING 60' * sala 2 Stefano	11:00 POLE DANCE * sala 2 Giulia	11:00 FIT BOXE 60' sala 1 Alessandra V.	12:00 INDOOR CYCLING * sala 3 Catia
12:00 HMD POWER TRAINING 60' * sala 1 Stefano	13:30 CIRCUIT TRX '60 sala 1 Sabrina	13:20 INDOOR CYCLING * sala 3 Catia	13:30 NTC NIKE 60' sala 1 Sabrina	13:20 INDOOR CYCLING * sala 3 Catia	13:30 INDOOR CYCLING * sala 3 Catia
13:20 INDOOR CYCLING * sala 3 Catia	16:30 POLE DANCE * sala 2 Giulia	13:30 PILATES 60' sala 1 Valerio	16:30 POLE DANCE * sala 2 Giulia	12:00 HMD POWER TRAINING 60' * sala 2 Stefano	15:00 DIFESA PERSONALE * sala 1 Marco
13:30 TABATA TRAINING 60' sala 1 Alessandra	16:30 HWAL MOO DO * sala 1 Dayan	16:45 SEVEN CROSS '45 sala 1 Francesco	16:30 HWAL MOO DO * sala 1 Dayan	13:30 SEVEN CROSS 60' sala 1 Francesco	Domenica
16:45 SEVEN CROSS '45 sala 1 Francesco	17:00 INDOOR CYCLING * sala 3 Catia	17:30 ZUMBA 60' sala 2 Szilvia	17:00 INDOOR CYCLING * sala 3 Catia	17:30 THAIBOXE FIT 60' sala 1 Francesco	
18:10 SEVEN CROSS '45 sala 1 Francesco	17:40 FIT BOXE 45' sala 1 Elisa	18:10 HIIT PROG. P. BOX 45 ' sala 1 Francesco	17:40 PUMP 45' sala 1 Elisa	18:30 TOTAL BODY 60' sala 2 Szilvia	10:30 TOTAL BODY 90' sala 1
18:30 PILATES 60' sala 2 Sonia	18:00 STEP & TONE '60 sala 2 Alessandra V.	19:00 PILATES 60' sala 2 Sonia	18:00 TABATA TRAINING 60' sala 2 Alessandra V.	19:00 SEVEN CROSS 60' sala 1 Francesco	
19:30 ZERO FUSION 60' sala 1 Francesco	18:30 INDOOR CYCLING * sala 3 Catia	19:30 SEVEN CROSS 60' sala 1 Francesco	18:30 INDOOR CYCLING * sala 3 Catia	20:10 POLE DANCE * sala 2 Giulia	
20:10 PREP. & KICK B. 90' * sala 2 Stefano	19:00 HIIT 45' sala 1 Elisa	20:30 PREP. & KICK B. 90' * sala 2 Stefano	19:00 HIIT 45' sala 1 Elisa	20:30 PREP. & KICK B. 90' * sala 1 Stefano	
21:00 HIIT PROG. P. BOX 60' sala 1 Francesco	19:30 PILATES 60' sala 2 Valerio	21:00 NTC NIKE 60' sala 1 Francesco	19:30 PILATES 60' sala 2 Valerio	21:30 DIFESA PERSONALE * sala 2 Marco	
	20:20 CIRCUIT TRAINING 60' sala 1 Elisa		20:20 CARDIO PUMP 60' sala 1 Elisa		
	21:30 POLE DANCE * sala 2 Giulia		21:30 POLE DANCE * sala 2 Giulia		
	21:30 SALSA BACHATA & KIZOMBA * sala 1 Carlos & Ilaria		21:30 SALSA & BACHATA * sala 1 Carlos & Ilaria		
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 Soul Beauty

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

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