



PALINSESTO FITNESS

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INVERNALE DAL 1.10.24 AL 21.12.24

(Gli orari potrebbero subire delle variazioni durante il periodo indicato)

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
8:00 – 9:00 HIIT Training <i>Alessandra</i> (Sala A)	8:00 – 8:50 Ginnastica Dolce <i>Maria</i> (Sala A)	8:00 – 9:00 HIIT Training <i>Maurizio</i> (Sala A)	8:00 – 8:50 Ginnastica Dolce <i>Maria</i> (Sala A)	8:00 – 9:00 HIIT Training <i>Maurizio</i> (Sala A)	
9:00 – 10:00 HIIT Training <i>Alessandra</i> (Sala A)	9:00 – 9:50 Pilates Balance <i>Maria</i> (Sala A)	9:00 – 10:00 HIIT Training <i>Maurizio</i> (Sala A)	9:00 – 9:50 Pilates Balance <i>Maria</i> (Sala A)	9:00 – 10:00 HIIT Training <i>Maurizio</i> (Sala A)	9:10 – 10:00 Pilates Balance <i>Maria</i> (Sala A)
10:05 – 11:00 Yoga Vinyasa <i>Claudia</i> (Sala A)	10:00 – 10:50 Pilates Balance <i>Maria</i> (Sala A)	10:05 – 11:00 Yoga Vinyasa <i>Claudia</i> (Sala A)	10:00 – 10:50 Pilates Balance <i>Maria</i> (Sala A)	10:05 – 11:00 Yoga Vinyasa <i>Claudia</i> (Sala A)	10:10 – 11:00 Pilates Balance <i>Maria</i> (Sala A)
11:15 – 12:15 Total Body <i>Patrizia</i> (Sala A)	10:00 – 10:50 Fit Boxe <i>Giacomo</i> (Sala Combat)	11:15 – 12:15 Postural Pilates <i>Patrizia</i> (Sala A)	10:00 – 10:50 Fit Boxe <i>Giacomo</i> (Sala Combat)	11:15 – 12:15 Total Body <i>Patrizia</i> (Sala A)	
12:00 – 13:00 Fit Boxe <i>Giacomo</i> (Sala Combat)	11:00 – 12:00 Circuit Training <i>Giada</i> (Sala A)	12:00 – 13:00 Fit Boxe <i>Giacomo</i> (Sala Combat)	11:00 – 12:00 Circuit Training <i>Giada</i> (Sala A)	12:00 – 13:00 Fit Boxe <i>Giacomo</i> (Sala Combat)	11:30 – 12:30 Funzionale <i>Matteo</i> (Sala A)
13:15 – 14:10 Funzionale <i>Matteo</i> (Sala A)	13:15 – 14:10 Yoga Vinyasa <i>Marta</i> (Sala A)	13:15 – 14:10 Funzionale <i>Matteo</i> (Sala A)	13:15 – 14:10 Yoga Vinyasa <i>Marta</i> (Sala A)	13:15 – 14:10 Funzionale <i>Matteo</i> (Sala A)	Legenda Alta Intensità Media Intensità Bassa Intensità
16:00 – 16:55 Pilates <i>Fernando</i> (Sala A)	17:00 – 17:50 Pilates <i>Giada</i> (Sala A)	16:00 – 16:55 Soft Gym Tone <i>Fernando</i> (Sala A)	17:00 – 17:50 Pilates <i>Giada</i> (Sala A)	16:00 – 16:55 Pilates <i>Fernando</i> (Sala A)	
17:00 – 17:55 Total Body <i>Fernando</i> (Sala A)	17:50 – 18:40 Circuit Training <i>Giada</i> (Sala A)	17:00 – 17:55 Step Tone <i>Fernando</i> (Sala A)	17:50 – 18:40 Circuit Training <i>Giada</i> (Sala A)	17:00 – 17:55 GAG Elastici <i>Fernando</i> (Sala A)	
18:00 – 18:50 Total GAG <i>Fernando</i> (Sala A)	18:40 – 19:30 Funzionale <i>Matteo</i> (Sala A)	18:00 – 18:50 GAG Elastici <i>Fernando</i> (Sala A)	18:40 – 19:30 Funzionale <i>Matteo</i> (Sala A)	18:00 – 18:50 Circuit Training <i>Fernando</i> (Sala A)	
19:00 – 19:50 Pilates <i>Claudia</i> (Sala A)	19:30 – 20:20 Power Total Body <i>Riccardo</i> (Sala A)	18:55 – 19:45 Pilates <i>Claudia</i> (Sala A)	19:30 – 20:20 Power Total Body <i>Riccardo</i> (Sala A)	19:00 – 19:55 Posturale <i>Alessandra</i> (Sala A)	
20:00 – 20:55 Funzionale <i>Matteo</i> (Sala A)	20:20 – 21:10 Pilates <i>Riccardo</i> (Sala A)	19:50 – 20:30 Total GAG <i>Francesco</i> (Sala A)	20:20 – 21:10 Pilates <i>Riccardo</i> (Sala A)	20:00 – 20:55 PUMP <i>Francesco</i> (Sala A)	

Orario – Dal Lunedì al Venerdì 7:00-22:00 – Sabato, Domenica e Festivi 9:00 – 20:00