

PLANNING FITNESS - La Salle Sport Villa Flaminia 2023/2024

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
TOTAL BODY 8.30 - PAMELA - Orange		TOTAL BODY 8.30 - PAMELA - Orange		TOTAL BODY 8.30 - PAMELA - Orange	TOTAL BODY 10.00 - ALESSANDRA - Orange	11.00 a Rotazione - Orange
ZUMBA 9.00 - DOUGLAS - Black	TOTAL BODY 8.30 - ERMANNO - Orange	ZUMBA 9.00 - DOUGLAS - Black	TOTAL BODY 8.30 - ERMANNO - Orange	ZUMBA 9.00 - DOUGLAS - Black	PILATES 11.30 - GIULIA - Orange	INDOOR CYCLING 12.00 a rotazione Black
POSTURALE 9.30 - PAMELA - Orange	GINNASTICA MORBIDA 9.30 - ALESSIA - Orange	POSTURALE 9.30 - PAMELA - Orange	GINNASTICA MORBIDA 9.30 - ALESSIA - Orange	POSTURALE 9.30 - PAMELA - Orange	INDOOR CYCLING 11.30 - ALESSANDRA - Orange	
DANCE FUSION 10.00 - ANNA - White	PILATES 9.30 - ERMANNO - Black	DANCE FUSION 10.00 - ANNA - White	PILATES 9.30 - ERMANNO - Black	ZUMBA 10.00 - DOUGLAS - Black	FUNCTIONAL TRAINING 12.30 - MIKE Outdoor	
ZUMBA 10.00 - DOUGLAS - Black	POSTURALE 10.30 - ALESSIA - Orange	ZUMBA 10.00 - DOUGLAS - Black	POSTURALE 10.30 - ALESSIA - Orange		CIRCUITO FUNZIONALE 16.00 - MIKE	
STRETCHING FLEXIBILITY 11.00 - ANNA - White		STRETCHING FLEXIBILITY 11.00 - ANNA - White				
PILATES 11.30 - GIULIA - Orange	POWER YOGA 12.00 - MICHELA - White	PILATES 11.30 - GIULIA - Orange	POWER YOGA 12.00 - MICHELA - White	PILATES 11.30 - GIULIA - Orange		
	PILATES 12.30 - GIULIA - Orange		PILATES 12.30 - GIULIA - Orange			
FUNCTIONAL OUTDOOR 13.00 - ALICE - Blue	FUNCTIONAL OUTDOOR 13.00 - ALICE - White	FUNCTIONAL OUTDOOR 13.00 - ALICE - Blue		FUNCTIONAL OUTDOOR 13.00 - ALICE - Blue		
GAG 13.30 - ERMANNO - White		STRETCHING 13.30 - ERMANNO - White		GAG 13.30 - ERMANNO - White		
INDOOR CYCLING 13.30 - MARCO - Black	INDOOR CYCLING 13.30 - FLAVIO - Black	INDOOR CYCLING 13.30 - MARCO - Black	INDOOR CYCLING 13.30 - FLAVIO - Black	INDOOR CYCLING 13.30 - MARCO - Black		
	CIRCUIT TRAINING 13.30 - MIKE - Orange		CIRCUIT TRAINING 13.30 - MIKE - Outdoor			
GAG 17.30 - PAMELA - Blue		GAG 17.30 - PAMELA - Blue		GAG 17.30 - PAMELA - Blue		
CIRCUIT TRAINING 18.00 - ALESSANDRA-Outdoor	TOTAL BODY 18.00 - MAURIZIO - Blue	CIRCUIT TRAINING 18.00 - ALESSANDRA-Outdoor	TOTAL BODY 18.00 - MAURIZIO - Blue	CIRCUIT TRAINING 18.00 - ALESSANDRA-Outdoor		
TOTAL BODY 18.30 - PAMELA Blue	PILATES 18.30 - ALESSIA C - Orange	TOTAL BODY 18.30 - PAMELA Blue	PILATES 18.30 - ALESSIA C - Orange	TOTAL BODY 18.30 - PAMELA Blue		
INDOOR CYCLING 19.00 - ALESSANDRA- Black	INDOOR CYCLING 19.00 - ROBERTO - Black	INDOOR CYCLING 19.00 - ALESSANDRA- Black	INDOOR CYCLING 19.00 - ROBERTO - Black	INDOOR CYCLING 19.00 - ALESSANDRA- Black		
PILATES 19.15 - GIULIA - Orange	POSTURALE 19.15 - FLAVIO F. - Blue	PILATES 19.15 - GIULIA - Orange	POSTURALE 19.15 - FLAVIO F. - Blue	PILATES 19.15 - GIULIA - Orange		
TOTAL BODY WORKOUT 19.30 - LORENZO - Orange	CROSS CARDIO 19.30 - PAOLO - Orange	TOTAL BODY WORKOUT 19.30 - LORENZO - Orange	CROSS CARDIO 19.30 - PAOLO - Orange	TOTAL BODY WORKOUT 19.30 - LORENZO - Orange		
CALISTHENICS 20.30 - LORENZO - Orange		CALISTHENICS 20.30 - LORENZO - Orange		CALISTHENICS 20.30 - LORENZO - Orange		

ORARIO APERTURA E CHIUSURA SALA PESI

Lunedì - Venerdì 07:00 - 22:00

Sabato 08:00 - 18:00

Domenica 08:00 - 13:00

ORARIO APERTURA E CHIUSURA CENTRO SPORTIVO

Lunedì - Venerdì 07:00 - 22:30

Sabato 07:00 - 18:30

Domenica 08:00 - 13:30

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LA SALLE SPORT
VILLA FLAMINIA

- Lezioni Olistiche
- Lezioni Indoor Cycling
- Lezioni Aerobiche
- Lezioni Funzionali

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