

# PALINSESTO FITNESS **ELLERA**

in vigore dal 17/02/25

**LUNEDÌ**

AREA 1

**TOTAL SHAPE**  
10:30

**PUMP**  
13:30

**PILATES TONE**  
17:00

**PILATES TONE**  
17:50

**PILATES**  
18:40

**PUMP**  
19:30

AREA 3

**SPINNING\***  
18:30

**WALKING**  
19:30

AREA 2

**RELOAD CROSS TRAINING\*\***

DAL LUNEDÌ AL VENERDÌ:

9:00 - 10:00  
13:15 - 14:15  
16:00 - 17:00  
17:00 - 18:00  
18:00 - 19:00  
19:00 - 20:00

SABATO:

10:00-11:00

\*SOLO SU ABBONAMENTO PREMIUM

\*\*ABBONAMENTO SPECIFICO

**MARTEDÌ**

AREA 1

**PILATES**  
10:30

**GROUP BOXING**  
18:30

**GAG**  
19:30

AREA 3

**SPINNING\***  
13:30

**WALKING TONE**  
18:30

**SPINNING\***  
19:30

**MERCOLEDÌ**

AREA 1

**TOTAL SHAPE**  
10:30

**PILATES TONE**  
13:30

**PILATES TONE**  
17:50

**PILATES**  
18:40

**GROUP FUNCTIONAL**  
19:30

AREA 3

**SPINNING\***  
18:30

**GIOVEDÌ**

AREA 1

**PILATES**  
10:30

**GROUP BOXING**  
18:30

**TOTAL TONE**  
19:30

AREA 3

**SPINNING\***  
13:30

**WALKING**  
18:30

**SPINNING\***  
19:30

**VENERDÌ**

AREA 1

**TOTAL SHAPE**  
10:30

**GROUP FUNCTIONAL**  
13:30

**PILATES**  
17:00

**PILATES TONE**  
17:50

**PILATES**  
18:40

**TABATA**  
19:30

AREA 3

**SPINNING\***  
19:00

**SABATO**

AREA 1

AREA 3

**WALKING TONE**  
12:00

**SPINNING\***  
13:30

 TONIFICAZIONE  CARDIO  FUNZIONALE  OLISTICO

**ELLERA UMBRA (PG)**

**VIA NERVI 6**

**C/O CENTRO INTRATTENIMENTO GHERLINDA**

**0756973743**