

# Culture

## PALESTRA

### PROGRAMMA SETTIMANALE

<b>LUNEDÌ</b>	9.30 - 10.20	GAG	
	10.40 - 11.30	<b>BIKE TONIC</b>	
	13.00 - 13.55	FIT BOXE - TRX	
	17.45 - 18.30	ZUMBA	
	18.30 - 19.25	TOTAL BODY	
	19.30 - 20.15	<b>SPINNING</b>	Sala 1
	19.30 - 20.15	STEP	Sala 2
	20.15 - 21.00	<b>TRX</b>	
	21.00 - 22.00	KUNG FU	

<b>GIOVEDÌ</b>	9.30 - 10.20	GAG	
	10.40 - 11.30	<b>BIKE TONIC</b>	
	13.00 - 13.55	FIT BOXE - TRX	
	17.45 - 18.30	ZUMBA	
	18.30 - 19.25	TOTAL BODY	
	19.30 - 20.15	<b>SPINNING</b>	Sala 1
	19.30 - 20.15	STEP	Sala 2
	20.15 - 21.00	<b>TRX</b>	
	21.00 - 22.00	KUNG FU	

<b>MARTEDÌ</b>	9.30 - 10.30	TOTAL BODY
	13.00 - 13.45	SPINNING
	18.15 - 19.00	FIT BOXE
	19.05 - 19.50	STRONG
	20.00 - 21.00	WINTER SPORT
	21.00 - 22.00	BOXE

<b>VENERDÌ</b>	9.30 - 10.30	TOTAL BODY
	13.00 - 13.45	SPINNING
	18.15 - 19.00	FIT BOXE
	19.05 - 19.50	STRONG
	20.00 - 21.00	WINTER SPORT
	21.00 - 22.00	BOXE

<b>MERCOLEDÌ</b>	9.30 - 10.15	PILATES
	18.00 - 18.45	JUMPING
	18.50 - 19.35	CARDIO GAG
	19.35 - 20.30	FIT BOXE
	20.30 - 21.15	PILATES

<b>SABATO</b>	
15.00 - 15.45	JUMPING

<b>ORARI SAUNA e BAGNO TURCO</b>	
Lunedì: 10.30 - 21.30	Giovedì: 10.30 - 15.30
Venerdì: 14.30 - 21.30	Sabato: 14.00 - 17.00

**ORARIO CONTINUATO** da LUNEDÌ a VENERDÌ **9.00 - 22.00** e SABATO **9.00 - 18.00**

Via XXV Aprile 9/11 - Ghisalba (BG) - Tel. 0363.928233 - [culturesportingclub@libero.it](mailto:culturesportingclub@libero.it)

[www.culturesportingclub.com](http://www.culturesportingclub.com)