

 **GUIDONIA MONTECELIO**
VIA DELLE GERBERE, 71

 **0774/340269**

ORARI CORSI



STAGIONE SPORTIVA 2026/2027



STRENGTH
Forza



GYMNASTIC
Ginnastica
Funzionale



OLY
Olympic
Weightlifting



METCON
Condizionamento
Metabolico



CONDITIONING
Condizionamento
specifico



OPEN GYM
Spazio libero

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
10:00-11:00	 STRENGTH		 OLY		 CONDITIONING	
10:00-13:00		 OPEN GYM		 OPEN GYM		 OPEN GYM
11:00-13:00	 OPEN GYM		 OPEN GYM		 OPEN GYM	
13:00-14:00				 METCON		
14:00-15:00	 STRENGTH	 GYMNASTIC	 OLY		 CONDITIONING	
15:00-17:30	 OPEN GYM	 OPEN GYM	 OPEN GYM	 OPEN GYM	 OPEN GYM	
17:00-18:00		 GYMNASTIC	 OLY	 METCON		
17:30-18:30					 CONDITIONING	
18:30-19:30	 STRENGTH					
19:00-20:00		 GYMNASTIC				
19:30-20:30					 CONDITIONING	
20:00-21:00			 OLY	 METCON		
20:30-21:30	 STRENGTH					

