

NOTE

.....

.....


.....


.....

.....

CONTATTI

Indirizzo: Cantù, Via Domea, 47
Telefono: 031 706585
Fax: 031 7090165
E-mail: info@olimpiccenter.it
Sito web: www.olimpiccenter.it

 [fb.me/olimpiccenter.olimpiccenter](https://www.facebook.com/olimpiccenter.olimpiccenter)

 [@olimpiccentercantu](https://www.instagram.com/olimpiccentercantu)

ORARI

Lunedì – Venerdì
6:00 – 22:30
Sabato
8:00 – 18:00
Domenica
8:00 – 14:00



OLIMPIC CENTER

CANTÙ

I nostri centri

JOY FIT
CANTÙ
FITNESS CORSI SQUASH BENESSERE

ARENAFIT
FIGHT AND FITNESS

I nostri marchi



TECHNOGYM

NAMEDSPORT
SUPERFOOD

+watt



lunedì

- 6.30 Total Body
- 7.15 Stretching
- 9.20 Total Body
- 10.00 Circuit pilates
- 10.30 Step & Tone
- 12.40 Pump
- 12.40 Indoor Cycling
- 14.00 Pilates
- 17.45 Gag
- 19.00 Aero Gag
- 19.15 Total Stretching
- 20.10 Step
- 20.15 Total Stretching

martedì

- 9.30 Step
- 10.00 Pilates
- 12.40 Posturale
- 12.40 Functional Circuit
- 14.30 Step & Tone
- 15.15 Ginnastica Dolce
- 15.45 Danza Moderna (15/18 anni)
- 17.00 Danza moderna Junior (9/13 anni)
- 18.00 Cardio Hiit
- 19.00 Fit Training
- 19.00 Indoor Cycling
- 20.00 Indoor Cycling
- 20.15 Pump
- 21.00 Step & Tone

mercoledì

- 9.10 Postural Pilates
- 9.45 Stretching e Addominali
- 10.20 Total Tone
- 12.40 Full Body
- 12.40 Indoor Cycling
- 14.00 Pilates
- 19.00 Total Stretching
- 19.00 Indoor Cycling
- 20.00 Functional Circuit
- 20.15 Boxe Up
- 21.10 Postural Pilates

giovedì

- 9.20 Total Body
- 10.30 Step & Tone
- 12.40 Pump
- 14.00 Pilates
- 15.30 Step & Tone
- 18.45 Fit Training
- 19.00 Aero Gag
- 20.00 Indoor Cycling
- 20.10 Step

venerdì

- 9.30 Step
- 10.00 Pilates
- 10.30 Dance Workout
- 12.40 Full Body
- 12.40 Indoor Cycling
- 15.00 Ginnastica Dolce
- 15.30 Gag
- 19.00 Fit Training
- 19.00 Indoor Cycling
- 20.10 Postural
- 21.00 Heavy Tone

sabato

- 10.00 Addominali
- 10.30 Zumba
- 12.30 Pump
- 14.30 Indoor Cycling
- 16.00 Total Stretching

domenica

- 10.30 Indoor Cycling
- 10.30 Corso scelto per Voi dallo Staff Olimpico