NOTE



OLIMPIC CENTER CANTÙ

CONTATTI

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ORARI

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

I nostri centri

JOY FIT CADORAGO
FITNESS CORSI SQUASH BENESSERE

ARENAFIT
FIGHT AND FITNESS

I nostri marchi

GROUP CYCLE
UNDER ARMOUR
TECHNOGYM
NAMEDSPORT SUPERFOOD
+watt
pro nutrition

CANTÙ
OLIMPIC CENTER

CORSI

lunedì

6.30	Total Body
7.15	Stretching
9.20	Total Body
9.30	Circuit pilates
10.30	Step & Tone
12.40	Pump
12.40	Indoor Cycling*
14.00	Pilates Dinamico
17.45	Gag
19.00	Aero Gag
19.15	Total Stretching
20.10	Step
20.15	Postural Training

martedì

9.30	Step
10.00	Pilates Dinamico
12.40	Posturale
12.40	Functional
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

*Corso a pagamento

mercoledì

9.10	Postural Pilates
9.30	Circuit Pilates
10.20	Total Tone
12.40	Cardio Tone
12.40	Indoor Cycling*
14.00	Pilates Dinamico
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 Dinamico
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 Dinamico
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	Pha

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 Olimpic