

# THE CLUB

## Palinsesto Sportivo

LUN

● 12.00  
● FUNCTIONAL

● 13.00  
● FLEXIBILITY

● 14.00  
● HIIT

GIO

● 11.00  
● REBALANCE

● 12.00  
● PILATES

● 13.00  
● FIT BOXE

● 14.00  
● FUNCTIONAL

MAR

● 11.00  
● REBALANCE

● 12.00  
● PILATES

● 13.00  
● FIT BOXE

● 14.00  
● FUNCTIONAL

DOM

● 08.00  
● HIIT

● 09.00  
● YOGA

● 10.00  
● YOGA

● 11.00  
● FUNCTIONAL

MER

● 12.00  
● FUNCTIONAL

● 13.00  
● FLEXIBILITY

● 14.00  
● HIIT

THE CLUB  
VILLA PAMPHILI

ROMA

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