Orari Sala Gold 2023-2024

	9,00	14,30	15,00	15,30	16,00	16,30	17,00	17,30	18,00	18,30	19,15	19,30	20,00
lunedì	Long Lify Training **Gym Dolce**												Energy Fitness Gym **Funzionale**
Martedì	Long Lify Training **Gym Dolce**										Energy Fitness Gym **Joy Walk Effectifit**		
Mercoledì	Long Lify Training **Gym Dolce (Pilates)**											Energy Fitness Gym **Funzionale**	
Giovedì	Long Lify Training **Gym Dolce**										Energy Fitness Gym **Joy Walk Effectifit**		
Venerdì	Long Lify Training **Gym Dolce**									Energy Fitness Gym **Pump**		Energy Fitness Gym **Funzionale**	
Sabato													