

PRATI

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DABLIU

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
07:30 55 min Total Body Enrica -B- 	07:15 55 min Cross Over Andrea -B- 	07:30 55 min Total Body Enrica -B- 	07:15 55 min Cross Over Andrea -B- 	07:30 55 min Total Body Enrica -B- 	10:30 55 min Calisthenic Angel -B- 	11:30 55 min Masterclass A rotazione -B- 
08:30 55 min Body Boost Elena -B- 		08:30 55 min Body Boost Elena -B- 		08:30 55 min Body Boost Elena -B- 	11:30 55 min Cross Over Pierfrancesco -B- 	
09:30 55 min Total Body Elena -B- 		09:30 55 min Total Body Elena -B- 		09:30 55 min Total Body Elena -B- 	11:30 55 min Cycling Chiara -S- 	
10:30 55 min Back Prevention Elena -B- 		10:30 55 min Back Prevention Elena -B- 		10:30 55 min Back Prevention Elena -B- 	15.00 55 min Cross Over Riccardo -B- 	
13:15 45 min Animal Instinct Alex -B- 	13:30 55 min Mobility Alessia -A- 	13:15 45 min Animal Instinct Alex -B- 	13:30 55 min Mobility Alessia -A- 	13:15 45 min Animal Instinct Alex -B- 		
13:30 55 min Cycling Barbara -S- 	13:30 55 min Total Body Elena -B- 	13:30 55 min Cycling Barbara -S- 	13:30 55 min Total Body Elena -B- 	13:30 55 min Cycling Barbara -S- 		
13:30 55 min Macumba Gianluca -A- 	13:30 55 min Outdoor Running Marco 	13:30 55 min True Flow Vinyasa Alessandro -A- 	13:30 55 min Outdoor Running Marco 	13:30 55 min Macumba Gianluca -A- 		
14:00 45 min Animal Instinct Alex -B- 	14:30 55 min Lower Body Sculpt Elena -B- 	14:00 45 min Animal Instinct Alex -B- 	14:30 55 min Lower Body Sculpt Elena -B- 	14:00 45 min Animal Instinct Alex -B- 		
	17:30 55 min Posturale Alessandro -A- 		17:30 55 min Posturale Alessandro -A- 			
18:30 55 min Total Body Angel -A- 	18:30 55 min True Flow Vinyasa Alessandro -A- 	18:30 55 min Pump Angel -A- 	18:30 55 min True Flow Vinyasa Alessandro -A- 	18:30 55 min Total Body Angel -A- 		
19:30 55 min Pump Angel -A- 	19:00 55 min Pink Workout Roberto -B- 	19:30 55 min Calisthenic Angel -A- 	19:00 55 min Pink Workout Roberto -B- 	19:00 55 min Cycling Max -S- 		
19:30 55 min Cross Over Andrea -B- 	19:30 55 min Cycling Beissan -S- 	19:30 55 min Cross Over Pierfrancesco -B- 	19:30 55 min Cycling Diego -S- 	19:30 55 min Pump Angel -A- 		
19:30 55 min Cycling Max -S- 	19:30 50 min Macumba Sofia -A- 		19:30 50 min Macumba Sofia -A- 	19:30 55 min Cross Over Andrea -B- 		
	20:00 85 min Boxing Training Adriano -B- 		20:00 85 min Boxing Training Adriano -B- 			

INFO UTILI

Orari del Club:

Lunedì - Venerdì: 07:00 / 23:00

Sabato: 09:00 / 17:00

Domenica: 09:00 / 15:00

NB Le attività termineranno 30 minuti prima della chiusura.
Gli orari possono subire variazioni durante il periodo estivo.

RICORDA SEMPRE:

- Porta un asciugamano;
- Indossa scarpe pulite;
- Cellulare in vibrazione;
- Abbi cura degli attrezzi;
- Rispetta chi si allena con te.

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