



Push Up Società Sportiva Dilettantistica s.r.l

ORARIO LEZIONI 2024 - 2025



ORARIO	SALA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07:45	B		Morning Training		Morning Training		
09:00	B	Circuit Training	Legs and booty	Aerobic Circuit	Pump tonic	Circuit Training	
10:30	B	Pilates		Pilates		Pilates	
11:00	B						Show Francesco

13:30	A	Posturale	Pilates		A.C.G	Posturale	
13:30	B	Total Body	Ginnastica a corpo libero	Total Circuit	GarudaMatwork	Super G.A.G	
13:30	C	Pre Pugilistica		Pre Pugilistica		Pre Pugilistica	
16:00	B						Functional Training

16:00	A		Modern Teen 11-13*		Modern Teen 11-13*		
16:30	A	Gioco Danza 3-5*					
17:00	A		Modern Kids 6-7*		Modern Kids 6-7*		
17:00	C		Karate 6-10*		Karate 6-10*		
17:00	B	Total Cardio+weights	Stretch Yoga Postural	Step	Ginnastica a corpo libero	Total Cardio+weights	
18:00	A	GarudaMatwork	Modern Young 8-10*		Modern Young 8-10*		
18:00	B	Step	Posturale	Total Cardio+weights	Posturale	Pilates	
18:00	C		Karate 10-14*		Karate 10-14*		
19:00	A	Gym Health		Gym Health		Gym Health	
19:00	B	Total Body	TotalBodyWorkout	Aereo tonic	TotalBodyWorkout	Interval Training	
19:00	C	Pre-Pugilistica	Karate 14-18*	Pre-Pugilistica	Karate 14-18*	Pre-Pugilistica	
20:00	A	Danza Contemporanea*					
20:00	C	Cardio Addome		Step Coreografico	Karate Adulti*	20/20/20	
20:00	B	Functional Training	Karate Adulti*	Functional Training	Danza Contemporanea*	Functional Training	

Lunedì – Venerdì
dalle 7:00 alle 22:00
Sabato
dalle 10:00 alle 18:00
Via Ruffini 2
Tel. 063217767
pushupcentrofitness@gmail.com
www.palestrapushup.com

LEZIONI

OLISTICHE	FUNZIONALI	CARDIO TONICHE	EXTRA*
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Seguici su:   

