

LISTINO PREZZI

	1 MESE	3 MESI	6 MESI	12 MESI
Functional Fitness	98 €	250 €	500 €	940 €
Body Fit	88 €	235 €	450 €	845 €
Forever Young	57 €	155 €	290 €	550 €
Pesistica	83 €	225 €	425 €	790 €
Aerobic	78 €	210 €	400 €	740 €
Specialistiche 2x	62 €	170 €	325 €	620 €
Specialistiche 4x	72 €	195 €	375 €	690 €
Powerlifting	78 €	210 €	400 €	740 €
Cross Combat System	81 €	220 €	415 €	770 €
Open Gym	79 €	215 €	405 €	740 €
OMNIA	118 €	315 €	605 €	1.140 €
OMNIA+	148 €	395 €	755 €	1.390 €

INGRESSI

10 Ingressi
Ingresso singolo
Programmazione accessoria
Programmazione completa

TUTORIAL

2x45'
4x45'

PERSONAL TRAINER

40 €/h

QUOTA ASSOCIATIVA (12 mesi)

10 €

@yourrebornofficial



@yourrebornofficial



info@yourreborn.it



+39 333 6286549



you REBORN

PALINSESTO CORSI

PROGRAMMA SETTIMANALE



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00		FUNCTIONAL FITNESS 06.00-07.00					
FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00		FUNCTIONAL FITNESS 07.00-08.00					
	BODY FIT 09.00-10.00		FOREVER YOUNG 09.00-10.00		BODY FIT 09.00-10.00		FOREVER YOUNG 09.00-10.00		BODY FIT 09.00-10.00		BODY FIT 09.00-10.00		
FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00		FUNCTIONAL FITNESS 10.00-11.00	MOBILITY & CORE 10.00-11.00		
										PESISTICA 11.00-12.30	POWERBUILDING 11.00-12.00		
FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00		FUNCTIONAL FITNESS 13.00-14.00			
										FUNCTIONAL FITNESS 14.00-15.00			
FUNCTIONAL FITNESS 16.30-17.30		FUNCTIONAL FITNESS 16.30-17.30		FUNCTIONAL FITNESS 16.30-17.30		FUNCTIONAL FITNESS 16.30-17.30		FUNCTIONAL FITNESS 16.30-17.30		FUNCTIONAL FITNESS 16.30-17.30			
FUNCTIONAL FITNESS 17.30-18.30		FUNCTIONAL FITNESS 17.00-18.00		FUNCTIONAL FITNESS 17.30-18.30		FUNCTIONAL FITNESS 17.00-18.00		FUNCTIONAL FITNESS 17.30-18.30		FUNCTIONAL FITNESS 17.30-18.30			
FUNCTIONAL FITNESS 18.30-19.30		FUNCTIONAL FITNESS 18.00-19.00		FUNCTIONAL FITNESS 18.00-19.00		PESISTICA 18.30-20.00		FUNCTIONAL FITNESS 18.00-19.00		FUNCTIONAL FITNESS 18.30-19.30	PESISTICA 18.30-20.00		
FUNCTIONAL FITNESS 19.30-20.30	BODY FIT 19.00-20.00	CCS 19.00-20.30	FUNCTIONAL FITNESS 19.00-20.00	POWERLIFTING 19.00-20.00	CCS 19.00-20.30	FUNCTIONAL FITNESS 19.00-20.00	BODY FIT 19.00-20.00	POWERLIFTING 19.00-20.00	BODY FIT 19.00-20.00	CCS 19.00-20.30	FUNCTIONAL FITNESS 18.30-19.30	BODY FIT 19.00-20.00	PESISTICA 18.30-20.00
		AEROBIC CAPACITY 20.30-21.30	FUNCTIONAL FITNESS 20.00-21.00			AEROBIC CAPACITY 20.00-21.00	CALISTHENICS 20.00-21.00	FUNCTIONAL FITNESS 20.00-21.00			AEROBIC CAPACITY 19.30-20.30	BODY FIT 19.00-20.00	PESISTICA 18.30-20.00
											CALISTHENICS 20.00-21.00		