

orari 2023/24



Sportlandia
non solo fitness

The Sportlandia logo consists of the brand name 'Sportlandia' in a bold, sans-serif font. Below the name, the tagline 'non solo fitness' is written in a smaller, lowercase font. To the right of the text is a small, stylized icon of a person in a dynamic pose, similar to the one in the INFITNESS logo.

Sportlandia

SSD INFITNESS ARL
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Castellammare di Stabia (NA)
Tel. +39 0818718076
ssdinfitness@gmail.com



LUNEDÌ - MERCOLEDÌ - VENERDÌ



| | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|-------------------|---------------------------|------|-----|-----|-----|----|----|------|-----|-----|------|-----|-----|-----|
| PILATES MAT | | | MAT | | MAT | | | | | MAT | | MAT | MAT | MAT |
| REFORMER | | | REF | REF | | | | REF | REF | | REF | REF | REF | REF |
| LES MILLS VIRTUAL | BB | CORE | | BB | | | | CORE | BB | | CORE | | | BB |
| CYCLING | "THE TRIP" OGNI 45 MINUTI | | | | | | | | | | | | | |
| SALA ATTREZZI | DALLE 07.00 ALLE 21.00 | | | | | | | | | | | | | |



MARTEDÌ - GIOVEDÌ



| | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|-------------------|---------------------------|----|-----|-----|-----|----|------|-----|-----|-----|-----|-----|-----|------|
| PILATES MAT | | | | | | | | | | MAT | | MAT | | |
| REFORMER | | | | | | | | | | | REF | REF | REF | REF |
| TEC | | | TEC | TEC | TEC | | | TEC | TEC | TEC | TEC | | | |
| LES MILLS VIRTUAL | CORE | BB | | | | | CORE | | | | | | BB | CORE |
| CYCLING | "THE TRIP" OGNI 45 MINUTI | | | | | | | | | | | | | |
| SALA ATTREZZI | DALLE 07.00 ALLE 21.00 | | | | | | | | | | | | | |

SABATO

| | 08 | 09 | 10 | 11 | 12 |
|-------------------|------------------------|------|----|------|----|
| REFORMER | | REF | | | |
| LES MILLS VIRTUAL | | CORE | BB | CORE | |
| SALA ATTREZZI | DALLE 08.00 ALLE 12.00 | | | | |

Apertura Centro:
 Lunedì - Venerdì
 dalle ore 07.00 alle 21.00
 Sabato
 dalle ore 08.00 alle 12.30

Tel. 0818718076