

FUSOGYM

WWW.FUSOLAB.NET - @formazione@fusolab.net

Orario Segreteria: Lunedì - Venerdì 8.30 / 23.00 , Sabato 09.00 / 20.00

Tel e Whatsapp : 3892921601 - 3515770444



LISTA CORSI E ORARI 2021/2022

SCONTI

Famiglia fino a 50€

Porta un amico 10€

Combinata fino a 100€

PROMO

Stagionale palestra 199€ Open Fitness * da 40€

Palestra plus 10€ Palestra special 99€

Tessera 20€

Attività	Giorni	Orario	Data Inizio
Acrobatica Aerea e Cerchio	Mar - Ven	15.00 - 16.10	14/09/2021
Acrobatica a Terra	Lun - Mer	21.00 - 22.10	20/09/2021
Aikido Kids (4/7)	Lun - Ven	16.50 - 17.40	13/09/2021
Aikido Teen (7/12)	Lun - Ven	17.45 - 18.35	13/09/2021
Aikido Adulti	Mar - Gio	21.00 - 22.10	21/09/2021
Arti Circensi Kids (3/6)	Mer - Ven	16.50 - 17.40	22/09/2021
Bioenergetica 10.00	Gio	10.00 - 11.10	09/09/2021
Bioenergetica 17.45	Mar	17.45 - 18.35	07/09/2021
BreakDance (6/11)	Mar - Gio	16.50 - 17.40	21/09/2021
Brucia Grassi * 15.30	Lun - Mer - Ven	15.30 - 16.20	06/09/2021
Brucia Grassi * 17.45	Lun - Mer - Ven	17.45 - 18.35	06/09/2021
Burlesque 1°	Ven	21.00 - 22.10	10/09/2021
Burlesque 2°	Lun	21.00 - 22.10	06/09/2021
Calisthenics 10.00	Sab	10.00 - 10.50	11/09/2021
Calisthenics 11.00	Sab	11.00 - 11.50	11/09/2021
Calisthenics 17.00	Lun-Mar-Mer-Gio-Ven	17.00 - 17.50	06/09/2021
Calisthenics 18.00	Lun-Mar-Mer-Gio-Ven	18.00 - 18.50	06/09/2021
Calisthenics 19.00	Lun-Mar-Mer-Gio-Ven	19.00 - 19.50	06/09/2021
Capoeira (5/11)	Mar	16.50 - 17.40	21/09/2021
Capoeira Adulti 10.00	Mar - Gio	10.00 - 11.10	07/09/2021
Capoeira Adulti 21.00	Mar - Gio	21.00 - 22.10	07/09/2021
Crossfit 09.00	Lun - Mer - Ven	09.00 - 09.50	06/09/2021
Crossfit 10.00	Mar - Gio - Sab	10.00 - 10.50	07/09/2021
Crossfit 13.00	Lun - Mer - Ven	13.00 - 13.50	06/09/2021
Crossfit 17.00	Lun - Mer - Ven	17.00 - 17.50	06/09/2021
Crossfit 18.00	Lun-Mar-Mer-Gio-Ven	18.00 - 18.50	06/09/2021
Crossfit 19.00	Lun-Mar-Mer-Gio-Ven	19.00 - 19.50	06/09/2021
Crossfit 20.00	Lun-Mar-Mer-Gio-Ven	20.00 - 20.50	06/09/2021
Danza Classica Adulti	Lun - Mer	11.30 - 12.40	06/09/2021
Danza Classica 1° (7+) 16.50	Lun - Gio	16.50 - 17.40	13/09/2021
Danza Classica 2° (12+) 14.30	Lun - Ven	14.30 - 15.40	13/09/2021
Danza Contemporanea Adulti	Lun - Ven	18.40 - 19.50	06/09/2021
Danza Contemp Moderna (10+)	Lun - Ven	15.40 - 16.50	13/09/2021
Danza del Ventre	Gio	21.00 - 22.10	23/09/2021
Danza Giocodanza (3/6) 10.30	Sab	10.30 - 11.20	18/09/2021
Danza Giocodanza (3/6) 16.50	Mer - Ven	16.50 - 17.40	15/09/2021
Danza Hip Hop (10+)	Lun - Gio	17.45 - 18.35	13/09/2021
Danza Propedeutica (6/8)	Mer - Ven	17.45 - 18.35	15/09/2021
Danze Popolari	Mar	21.00 - 22.10	21/09/2021
Fit Boxe *	Lun - Mer - Ven	18.40 - 19.30	06/09/2021
GAG Tone *	Mar - Gio	19.35 - 20.25	07/09/2021
Ginnastica Artistica (4/7)	Mar - Gio	16.50 - 17.40	21/09/2021
HIIT Brucia Grassi *	Lun - Mer - Ven	13.00 - 13.50	06/09/2021
Judo (6/10)	Mar - Gio	16.50 - 17.40	21/09/2021
Kali	Lun - Mer	21.00 - 22.10	06/09/2021
Karate Kids (4/7) 16.50	Mar - Gio	16.50 - 17.40	14/09/2021
Karate Junior (9/11) 17.45	Mar - Gio	17.45 - 18.35	14/09/2021
Karate Teens (12+) 18.40	Mar - Gio	18.40 - 19.30	14/09/2021

Attività	Giorni	Orario	Data Inizio
Kick Boxing (8/14) 17.45	Lun - Mer	17.45 - 18.35	20/09/2021
Kick Boxing 19.35	Lun - Mer - Ven	19.35 - 20.25	06/09/2021
Kick Boxing 20.30	Lun - Mer - Ven	20.30 - 21.20	06/09/2021
Krav maga	Lun - Mer	21.00 - 22.10	06/09/2021
Meditazione	Ven	20.00 - 20.50	10/09/2021
Metabolica 09.00	Mar - Gio	09.00 - 09.50	07/09/2021
Metabolica 16.30	Mar - Gio	16.30 - 17.20	07/09/2021
Musical (6/9)	Sab	10.00 - 11.10	18/09/2021
Musical (9/13)	Sab	11.30 - 12.40	18/09/2021
Musical Adulti	Gio	21.00 - 22.10	23/09/2021
Parkour Kids (6/10)	Lun - Mer	16.50 - 17.40	20/09/2021
Parkour Junior (10/14)	Lun - Mer	17.45 - 18.35	20/09/2021
Parkour Adulti (14+)	Lun - Mer	18.40 - 19.30	20/09/2021
Pattinaggio Artistico Kids (4/8)	Mer - Sab	16.50-17.40/10.30-11.20	22/09/2021
Pattinaggio Artistico Junior (9/12)	Mer - Sab	17.45-18.35/11.30-12.20	22/09/2021
Pilates 10.30	Mer - Ven	10.30 - 11.20	08/09/2021
Pilates 11.30	Lun-Mer-Gio-Ven	11.30 - 12.20	08/09/2021
Pilates 17.45	Lun-Mar-Mer-Gio	17.45 - 18.35	06/09/2021
Pilates * 18.40	Lun-Mar-Mer-Gio-Ven	18.40 - 19.30	06/09/2021
Pilates 19.35	Lun-Mar-Mer-Gio	19.35 - 20.25	06/09/2021
Pilates In Volo	Sab	12.30 - 13.40	25/09/2021
Pole Dance 17.45	Mar - Mer - Ven	17.45 - 18.35	14/09/2021
Pole Dance 18.40	Mar - Mer - Ven	18.40 - 19.30	14/09/2021
Pole Dance 19.35	Mar - Mer - Ven	19.35 - 20.25	14/09/2021
Posturale 09.30	Lun-Mer-Gio-Ven	09.30 - 10.20	06/09/2021
Posturale 10.30	Lun - Gio	10.30 - 11.20	06/09/2021
Posturale 16.30	Lun - Mer	16.30 - 17.20	06/09/2021
Posturale 18.40	Lun-Mar-Mer-Gio	18.40 - 19.30	06/09/2021
Posturale * 19.35	Lun - Mer - Ven	19.35 - 20.25	06/09/2021
Power Pilates * 14.30	Lun - Mer - Ven	14.30 - 15.20	06/09/2021
Pugilato Kids (6/9)	Lun - Mer	16.50 - 17.40	27/09/2021
Qi Gong	Sab	10.00 - 11.10	11/09/2021
Reggaeton	Lun - Mer	19.35 - 20.25	20/09/2021
Rock N Roll	Ven	21.00 - 22.10	24/09/2021
Salsa	Mer	21.00 - 22.10	22/09/2021
Skateboard (6/11)	Lun - Gio	16.50 - 17.40	27/09/2021
StrongMan	Lun - Mer - Ven	20.30 - 21.30	06/09/2021
Swing	Gio	21.00 - 22.10	23/09/2021
Tai Chi	Mer	18.40 - 19.30	08/09/2021
Tango	Mar	20.45 - 22.45	07/09/2021
Teatro (6+)	Mer - Ven	16.50 - 17.40	22/09/2021
Tessuti Aerei e Trapezio 13.00	Lun - Gio	13.00 - 14.10	27/09/2021
Tessuti Aerei e Trapezio 18.40	Lun - Gio	18.40 - 19.50	27/09/2021
Tessuti Aerei e Trapezio 19.50	Lun - Gio	19.50 - 21.00	27/09/2021
Tonificazione * 09.00	Lun - Mer - Ven	09.00 - 09.50	06/09/2021
Tonificazione 14.30	Mar - Gio	14.30 - 15.20	07/09/2021
Yoga kids (5/11)	Ven	16.50 - 17.40	17/09/2021
Yoga Hatha 10.00	Mar - Ven	10.00 - 11.10	07/09/2021
Yoga Hatha 12.30	Mar	12.30 - 13.40	07/09/2021
Yoga Hatha 18.30	Mar - Ven	18.30 - 19.40	07/09/2021
Yoga Hatha 19.45	Mar	19.45 - 20.55	07/09/2021
Yoga in Volo 13.00	Mer	13.00 - 14.10	08/09/2021
Yoga in Volo 19.35	Ven	19.35 - 20.45	10/09/2021
Zumba	Lun - Mer	10.30 - 11.20	13/09/2021



CALENDARIO CORSI E ORARI 2021/2022

Orario Segreteria: Lunedì - Venerdì 8.30 / 23.00 , Sabato 09.00 / 20.00

ORARIO	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.00 11.00	CrossFit 09.00 - 09.50	Metabolica 09.00 - 09.50	CrossFit 09.00 - 09.50	Metabolica 09.00 - 09.50	CrossFit 09.00 - 09.50	
	Tonificazione* 09.00 - 09.50		Tonificazione* 09.00 - 09.50		Tonificazione* 09.00 - 09.50	
	Posturale 09.30 - 10.20		Posturale 09.30 - 10.20	Posturale 09.30 - 10.20	Posturale 09.30 - 10.20	Calisthenics 10.00 - 10.50
		CrossFit 10.00 - 10.50		CrossFit 10.00 - 10.50		CrossFit 10.00 - 10.50
		Hatha Yoga 10.00 - 11.10		Bioenergetica 10.00 - 11.10	Hatha Yoga 10.00 - 11.10	Qi Gong 10.00 - 11.10
		Capoeira 10.00 - 11.10		Capoeira 10.00 - 11.10		Musical (6/9) 10.00 - 11.10
	Zumba 10.30 - 11.20		Zumba 10.30 - 11.20			Pattinaggio (4/8) 10.30 - 11.20
	Posturale 10.30 - 11.20		Pilates 10.30 - 11.20	Posturale 10.30 - 11.20	Pilates 10.30 - 11.20	Giocodanza (3/6) 10.30 - 11.20
11.00 13.00	Classica Adulti 11.30 - 12.40		Classica Adulti 11.30 - 12.40			Calisthenics 11.00 - 11.50
	Pilates 11.30 - 12.20		Pilates 11.30 - 12.20	Pilates 11.30 - 12.20	Pilates 11.30 - 12.20	Musical (9/13) 11.30 - 12.40
						Pattinaggio (9/12) 11.30 - 12.20
		Hatha Yoga 12.30 - 13.40				Pilates in Volo 12.30 - 13.40
13.00 15.00	CrossFit 13.00 - 13.50		CrossFit 13.00 - 13.50		CrossFit 13.00 - 13.50	
	HIIT BruciaGrassi* 13.00 - 13.50		HIIT BruciaGrassi* 13.00 - 13.50		HIIT BruciaGrassi* 13.00 - 13.50	
	Tessuti e Trapezio 13.00 - 14.10		Yoga in Volo 13.00 - 14.10	Tessuti e Trapezio 13.00 - 14.10		
	Power Pilates* 14.30 - 15.20	Tonificazione 14.30 - 15.20	Power Pilates* 14.30 - 15.20	Tonificazione 14.30 - 15.20	Power Pilates* 14.30 - 15.20	
	Classica 2° (12+) 14.30 - 15.40				Classica 2° (12+) 14.30 - 15.40	
15.00 17.00		Acrobat & cerchio 15.00- 16.10			Acrobat & cerchio 15.00- 16.10	
	Brucia Grassi* 15.30 - 16.20		Brucia Grassi* 15.30 - 16.20		Brucia Grassi* 15.30 - 16.20	
	Posturale 16.30 - 17.20		Posturale 16.30 - 17.20			
	Moderna (10+) 15.40 - 16.50	Metabolica 16.30 - 17.20		Metabolica 16.30 - 17.20	Moderna (10+) 15.40 - 16.50	
		Ginn Artistica (4/7) 16.50 - 17.40	Pattinaggio (4/8) 16.50 - 17.40	Ginn Artistica (4/7) 16.50 - 17.40		
	Classica 1°(7+) 16.50 - 17.40	Capoeira (5/11) 16.50 - 17.40	Teatro (6+) 16.50 - 17.40	Classica 1°(7+) 16.50 - 17.40	Teatro (6+) 16.50 - 17.40	
			GiocoDanza(3/6) 16.50 - 17.40		GiocoDanza(3/6) 16.50 - 17.40	
	Parkour (6/10) 16.50 - 17.40	BreakDance (6/11) 16.50 - 17.40	Parkour (6/10) 16.50 - 17.40	BreakDance (6/11) 16.50 - 17.40	Yoga kids (5-11) 16.50 - 17.40	
	Aikido Kids (4/7) 16.50 - 17.40	Karate Kids (4/7) 16.50 - 17.40		Karate Kids (4/7) 16.50 - 17.40	Aikido Kids (4/7) 16.50 - 17.40	
	Skateboard (6/11) 16.50 - 17.40		Arti Circensi (3/6) 16.50 - 17.40	Skateboard (6/11) 16.50 - 17.40	Arti Circensi (3/6) 16.50 - 17.40	
	Pugilato Kids (6/9) 16.50 - 17.40	Judo (6/10) 16.50 - 17.40	Pugilato Kids (6/9) 16.50 - 17.40	Judo (6/10) 16.50 - 17.40		

ORARIO	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
17.00 18.00	Crossfit 17.00 - 17.50		Crossfit 17.00 - 17.50		Crossfit 17.00 - 17.50	
	Calisthenics 17.00 - 17.50	Calisthenics 17.00 - 17.50	Calisthenics 17.00 - 17.50	Calisthenics 17.00 - 17.50	Calisthenics 17.00 - 17.50	
		Pole Dance 17.45 - 18.35	Pole Dance 17.45 - 18.35		Pole Dance 17.45 - 18.35	
	Pilates 17.45 - 18.35	Pilates 17.45 - 18.35	Pilates 17.45 - 18.35	Pilates 17.45 - 18.35		
	Brucia Grassi* 17.45 - 18.35	Bioenergetica 17.45 - 18.35	Brucia Grassi* 17.45 - 18.35		Brucia Grassi* 17.45 - 18.35	
	Kick Boxing (8/14) 17.45 - 18.35		Kick Boxing (8/14) 17.45 - 18.35			
	Parkour (10/14) 17.45 - 18.35	Karate Junior (8/11) 17.45 - 18.35	Parkour (10/14) 17.45 - 18.35	Karate Junior (8/11) 17.45 - 18.35		
	Aikido Teen (7/12) 17.45 - 18.35		Pattinaggio (9/12) 17.45 - 18.35		Aikido Teen (7/12) 17.45 - 18.35	
	Hip Hop (10+) 17.45 - 18.35		Propedeutica (6/8) 17.45 - 18.35	Hip Hop (10+) 17.45 - 18.35	Propedeutica (6/8) 17.45 - 18.35	
18.00 19.00	Crossfit 18.00 - 18.50	Crossfit 18.00 - 18.50	Crossfit 18.00 - 18.50	Crossfit 18.00 - 18.50	Crossfit 18.00 - 18.50	
	Calisthenics 18.00 - 18.50	Calisthenics 18.00 - 18.50	Calisthenics 18.00 - 18.50	Calisthenics 18.00 - 18.50	Calisthenics 18.00 - 18.50	
	Parkour Adulti (14+) 18.40 - 19.30		Parkour Adulti (14+) 18.40 - 19.30			
	Fit Boxe* 18.40 - 19.30		Fit Boxe* 18.40 - 19.30		Fit Boxe* 18.40 - 19.30	
	Tessuti e trapezio 18.40 - 19.50	Pole Dance 18.40 - 19.30	Pole Dance 18.40 - 19.30	Tessuti e trapezio 18.40 - 19.50	Pole Dance 18.40 - 19.30	
	Posturale 18.40 - 19.30	Posturale 18.40 - 19.30	Posturale 18.40 - 19.30	Posturale 18.40 - 19.30		
	Pilates* 18.40 - 19.30	Pilates* 18.40 - 19.30	Pilates* 18.40 - 19.30	Pilates* 18.40 - 19.30	Pilates* 18.40 - 19.30	
		Hatha Yoga 18.30 - 19.40			Hatha Yoga 18.30 - 19.40	
	Contemporanea 18.40 - 19.50	Karate Teens (12+) 18.40 - 19.30		Karate Teens (12+) 18.40 - 19.30	Contemporanea 18.40 - 19.50	
19.00 20.00	Crossfit 19.00 - 19.50	Crossfit 19.00 - 19.50	Crossfit 19.00 - 19.50	Crossfit 19.00 - 19.50	Crossfit 19.00 - 19.50	
	Calisthenics 19.00 - 19.50	Calisthenics 19.00 - 19.50	Calisthenics 19.00 - 19.50	Calisthenics 19.00 - 19.50	Calisthenics 19.00 - 19.50	
	Kick Boxing 19.35 - 20.25	GAG Tone* 19.35 - 20.25	Kick Boxing 19.35 - 20.25	GAG Tone* 19.35 - 20.25	Kick Boxing 19.35 - 20.25	
	Pilates 19.35 - 20.25	Pilates 19.35 - 20.25	Pilates 19.35 - 20.25	Pilates 19.35 - 20.25		
	Posturale* 19.35 - 20.25		Posturale* 19.35 - 20.25		Posturale* 19.45 - 20.35	
	Reggaeton 19.35 - 20.25	Hatha Yoga 19.45 - 20.55	Tai Chi 19.35 - 20.25	Reggaeton 19.35 - 20.25	Yoga in Volo 19.35 - 20.45	
	Tessuti e trapezio 19.50 - 21.00	Pole Dance 19.35 - 20.25	Pole Dance 19.35 - 20.25	Tessuti e trapezio 19.50 - 21.00	Pole Dance 19.35 - 20.25	
	Crossfit 20.00 - 20.50	Crossfit 20.00 - 20.50	Crossfit 20.00 - 20.50	Crossfit 20.00 - 20.50	Crossfit 20.00 - 20.50	
	StrongMan 20.30 - 21.30		StrongMan 20.30 - 21.30		StrongMan 20.30 - 21.30	
	Kick Boxing 20.30 - 21.20		Kick Boxing 20.30 - 21.20		Kick Boxing 20.30 - 21.20	
	Kali 21.00 - 22.10	Aikido 21.00 - 22.10	Kali 21.00 - 22.10	Aikido 21.00 - 22.10	Meditazione 20.00 - 20.50	
	Krav Maga 21.00 - 22.10		Krav Maga 21.00 - 22.10	Musical 21.00 - 22.10		
	Acrobatica 21.00 - 22.10	Capoeira 21.00 - 22.10	Acrobatica 21.00 - 22.10	Capoeira 21.00 - 22.10		
	Burlesque 2 21.00 - 22.10	Tango 20.45 - 22.45		Danza del Ventre 21.00 - 22.10	Burlesque 1 21.00 - 22.10	
		Danze Popolari 21.00 - 22.10	Salsa 21.00 - 22.10	Swing 21.00 - 22.10	Rock n Roll 21.00 - 22.10	