



12 APRILE 2025

ACSI FITNESS DAY

ORE 14:00 - 19:00

14:30 - 15:00	GROUP BOXING E. LANZI [AREA 1]
15:00 - 15:30	BODY STRONG RIVA TIERRA BRASILIS [AREA 1] DINAMIC YOGA F. BALDACCI [AREA 2] EXTREME HIIT F. DI PIETRO [AREA 3]
15:30-16:00	THAI FIT G. BENZON [AREA 1] PRANAYAMA F. BALDACCI [AREA 2] MILITARY WORKOUT M. GUERRIERI [AREA 3]
16:00-16:30	BRAZIL DANCE FITNESS RIVA TIERRA BRASILIS [AREA 1] POWER PILATES A.LOI [AREA 2] BOOTCAMP F. BALDACCI [AREA 3]
16:30-17:00	MACUMBA FITNESS MAX IMPEROLI & TEAM [AREA 1] FLESSIBILITY CLASS G. BENZON [AREA 2] TABATA CIRCUIT TRAINING F. VENTURINI [AREA 3]
17:00-17:30	SABOR CARIBE H. HERNANDEZ & TEAM [AREA 1] POSTURAL MM MAX IMPEROLI [AREA 2] FUNCTIONAL TRAINING E. CAPPELLI [AREA 3]
17:30-18:00	SABOR CARIBE H. HERNANDEZ & TEAM [AREA 1] PILATES CLASS F. VENTURINI [AREA 2] FUNCTIONAL MM MACUMBA TEAM [AREA 3]
18:00-18:30	LATIN FITNESS MANUEL + EVER & CO [AREA 1] PRANAYAMA L. ROMEI [AREA 2] BOOTCAMP E. CAPPELLI [AREA 3]
18:30 - 19:00	GROUP BOXING E. LANZI [AREA 1] RELAX E STRETCHING M. OBREGON [AREA 2]

ROMAN
SPORT CITY

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VIA PONTINA, 30, 00071 - POMEZIA (RM)
CONTATTI: FITNESS@ACSI.IT



ACSI FITNESS DAY

14:00-14.30	INDOOR CYCLING A. MAGGIORE [AREA 4] BURLESQUE LUNE DU NIL [AREA 5] WALKING B. PAURI [AREA 6]
14:30-15:00	INDOOR CYCLING A. MAGGIORE [AREA 4] BURLESQUE LUNE DU NIL [AREA 5] WALKING B. PAURI [AREA 6]
15:00-15:30	INDOOR CYCLING W. PRIMAVERA [AREA 4] BURLESQUE LUNE DU NIL [AREA 5]
15:30-16.00	INDOOR CYCLING W. PRIMAVERA [AREA 4] BURLESQUE LUNE DU NIL [AREA 5] WALKING E. LANZI [AREA 6]
16:00-16:30	INDOOR CYCLING B. PAURI [AREA 4] BURLESQUE LUNE DU NIL [AREA 5] WALKING E. LANZI [AREA 6]
16:30-17:00	INDOOR CYCLING B. PAURI [AREA 4] BURLESQUE LUNE DU NIL [AREA 5]
17:00-17:30	INDOOR CYCLING W. PRIMAVERA [AREA 4] ROWING F. PROCACCIANTI [AREA 5]
17:30-18:00	INDOOR CYCLING W. PRIMAVERA [AREA 4] ROWING F. PROCACCIANTI [AREA 5] WALKING B. PAURI [AREA 6]
18:00-18:30	INDOOR CYCLING A. MAGGIORE [AREA 4] ROWING F. PROCACCIANTI [AREA 5] WALKING B. PAURI [AREA 6]
18:30-19:00	INDOOR CYCLING A. MAGGIORE [AREA 4] ROWING F. PROCACCIANTI [AREA 5]
14:00-19:00	BALANCE INDOBOARD G. VIRGULTI [FREE AREA HALL]

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