

SKILL**More Skill Athletic**

n.8

50'

IsoSkill*

n.16

60'

More Functional

n.8

50'

*La class IsoSkill si svolge contemporaneamente nell'area Skill e in quella Fitness

Allenamenti
prenotabili fino
a **30 min. prima**Disdetta prenotazione:
fino a 120 min. prima

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:10 More Skill Athletic	7:10 More Functional	7:10 More Functional	7:10 More Skill Athletic	7:10 More Functional		
8:00 IsoSkill	8:00 IsoSkill	8:00 IsoSkill	8:00 IsoSkill	8:00 IsoSkill	8:00 IsoSkill	8:30 IsoSkill
9:10 More Functional	9:10 More Skill Athletic	9:10 More Functional	9:10 More Functional	9:10 More Skill Athletic	9:10 More Functional	9:30 IsoSkill
10:00 IsoSkill	10:00 IsoSkill	10:00 IsoSkill	10:00 IsoSkill	10:00 IsoSkill	10:00 IsoSkill	10:30 IsoSkill
11:00 IsoSkill	11:00 IsoSkill	11:00 IsoSkill	11:00 IsoSkill	11:00 IsoSkill	11:10 More Skill Athletic	11:30 IsoSkill
12:00 IsoSkill	12:00 IsoSkill	12:00 IsoSkill	12:00 IsoSkill	12:00 IsoSkill	12:00 IsoSkill	12:30 IsoSkill
13:30 More Functional	13:30 More Skill Athletic	13:30 More Skill Athletic	13:30 More Functional	13:30 More Skill Athletic	13:00 IsoSkill	
14:30 IsoSkill	14:30 IsoSkill	14:30 IsoSkill	14:30 IsoSkill	14:30 IsoSkill	14:00 IsoSkill	
15:30 IsoSkill	15:30 IsoSkill	15:30 IsoSkill	15:30 IsoSkill	15:30 IsoSkill	15:00 IsoSkill	
					16:00 IsoSkill	
17:30 More Skill Athletic	17:30 More Functional	17:30 More Functional	17:30 More Skill Athletic	17:30 More Functional	17:00 IsoSkill	
18:30 More Functional	18:30 More Functional	18:30 More Skill Athletic	18:30 More Functional	18:30 More Functional		
19:30 More Functional	19:30 More Skill Athletic	19:30 More Functional	19:30 More Functional	19:30 More Skill Athletic		
20:30 More Skill Athletic	20:30 More Functional	20:30 More Skill Athletic	20:30 More Skill Athletic	20:30 More Functional		

Puoi prenotare i tuoi allenamenti:• Visita il sito www.moreroseto.it ed accedi alla tua area riservata

STEP 1



STEP 2

- scarica la app WellTeam e scannerizza il QR code per sincronizzarti con la nostra palestra

MOR
MOVIMENTO RIABILITAZIONE

Palazzo Marino

Tel. 085.4681546 - Cell. 331.6700796
info@moreroseto.itVIA NAZIONALE SUD Km 421+600 SNC
CAP 64026, Roseto Degli Abruzzi (TE)

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SKILL

SkillBike

n.2**60'**

Allenamenti
prenotabili fino
a **30 min. prima**

Disdetta prenotazione:
fino a 120 min. prima

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
8:00 SkillBike	8:00 SkillBike	8:00 SkillBike	8:00 SkillBike	8:00 SkillBike	8:00 SkillBike	8:30 SkillBike
						9:30 SkillBike
10:00 SkillBike	10:00 SkillBike	10:00 SkillBike	10:00 SkillBike	10:00 SkillBike	10:00 SkillBike	10:30 SkillBike
11:00 SkillBike	11:00 SkillBike	11:00 SkillBike	11:00 SkillBike	11:00 SkillBike		11:30 SkillBike
12:00 SkillBike	12:00 SkillBike	12:00 SkillBike	12:00 SkillBike	12:00 SkillBike	12:00 SkillBike	12:30 SkillBike
					13:00 SkillBike	
14:30 SkillBike	14:30 SkillBike	14:30 SkillBike	14:30 SkillBike	14:30 SkillBike	14:00 SkillBike	
15:30 SkillBike	15:30 SkillBike	15:30 SkillBike	15:30 SkillBike	15:30 SkillBike	15:00 SkillBike	
16:30 SkillBike	16:30 SkillBike	16:30 SkillBike	16:30 SkillBike	16:30 SkillBike	16:00 SkillBike	
					17:00 SkillBike	

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STEP 1



STEP 2

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MORE
MOVIMENTO=RIABILITAZIONE*Palazzo Marino*Tel. 085.4681546 - Cell. 331.6700796
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Riequilibrio Posturale WBS
in.7
50'
Ginnastica dolce e posturale
in.8
50'
Pilates
in.8
50'
Fit core
in.8
50'

 Allenamenti
prenotabili fino
 a **30 min. prima**

 Disdetta prenotazione:
fino a 120 min. prima

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8:10 Ginnastica dolce e posturale	8:10 Pilates	8:10 Riequilibrio posturale WBS	8:10 Ginnastica dolce e posturale	8:10 Pilates	
9:10 Riequilibrio posturale WBS	9:10 Ginnastica dolce e posturale	9:10 Fit core	9:10 Riequilibrio posturale WBS	9:10 Ginnastica dolce e posturale	9:10 Fit core
	10:30 Riequilibrio posturale WBS			10:30 Riequilibrio posturale WBS	10:10 Riequilibrio posturale WBS
					11:10 Pilates
13:30 Riequilibrio posturale WBS	13:30 Fit core	13:30 Pilates	13:30 Riequilibrio posturale WBS	13:30 Fit core	
17:10 Riequilibrio posturale WBS	17:10 Ginnastica dolce e posturale	17:10 Fit core	17:10 Riequilibrio posturale WBS	17:10 Ginnastica dolce e posturale	
18:30 Ginnastica dolce e posturale	18:30 Fit core	18:30 Pilates	18:30 Ginnastica dolce e posturale	18:30 Fit core	
19:30 Pilates	19:30 Riequilibrio posturale WBS	19:30 Ginnastica dolce e posturale	19:30 Pilates	19:30 Riequilibrio posturale WBS	

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Isotonic
n.8
60'
Isoskill*
n.16
60'

 Allenamenti
prenotabili fino
 a **30 min. prima**

 Disdetta prenotazione:
fino a 120 min. prima

*La class IsoSkill si svolge contemporaneamente nell'area Skill e in quella Fitness

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic		
8:00	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill
9:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic	IsoSkill
10:00	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill
11:00	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	Isotonic	IsoSkill
12:00	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill
13:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic	IsoSkill	
14:30	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	
15:30	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	IsoSkill	
						16:00	
						IsoSkill	
17:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic	17:00	
						IsoSkill	
18:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic		
19:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic		
20:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic		
21:00	Isotonic	Isotonic	Isotonic	Isotonic	Isotonic		

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Biocircuit

i n.8

50'

Allenamenti **prenotabili**
fino a **10 min. prima**

Disdetta prenotazione:
fino a 120 min. prima

Per le formule **Biocircuit Class Silver**
e **Biocircuit Class Young** gli orari prenotabili
sono esclusivamente quelli evidenziati in verde.

ALLENAMENTI OGNI 20 MIN:

LUN-VEN dalle 7:00 alle 21:20 • **SAB** dalle 8:00 alle 17:20 • **DOM** dalle 8:30 alle 12:50

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
Class 7:00	Class 7:00	Class 7:00	Class 7:00	Class 7:00		
Class 7:20	Class 7:20	Class 7:20	Class 7:20	Class 7:20		
Class 7:40	Class 7:40	Class 7:40	Class 7:40	Class 7:40		
Class 8:00	Class 8:00	Class 8:00	Class 8:00	Class 8:00	Class 8:00	
Class 8:20	Class 8:20	Class 8:20	Class 8:20	Class 8:20	Class 8:20	Class 8:30
Class 8:40	Class 8:40	Class 8:40	Class 8:40	Class 8:40	Class 8:40	Class 8:50
Class 9:00	Class 9:00	Class 9:00	Class 9:00	Class 9:00	Class 9:00	Class 9:10
Class 9:20	Class 9:20	Class 9:20	Class 9:20	Class 9:20	Class 9:20	Class 9:30
Class 9:40	Class 9:40	Class 9:40	Class 9:40	Class 9:40	Class 9:40	Class 9:50
Class 10:00	Class 10:00	Class 10:00	Class 10:00	Class 10:00	Class 10:00	Class 10:10
Class 10:20	Class 10:20	Class 10:20	Class 10:20	Class 10:20	Class 10:20	Class 10:30
Class 10:40	Class 10:40	Class 10:40	Class 10:40	Class 10:40	Class 10:40	Class 10:50
Class 11:00	Class 11:00	Class 11:00	Class 11:00	Class 11:00	Class 11:00	Class 11:10
Class 11:20	Class 11:20	Class 11:20	Class 11:20	Class 11:20	Class 11:20	Class 11:30
Class 11:40	Class 11:40	Class 11:40	Class 11:40	Class 11:40	Class 11:40	Class 11:50
Class 12:00	Class 12:00	Class 12:00	Class 12:00	Class 12:00	Class 12:00	Class 12:10
Class 12:20	Class 12:20	Class 12:20	Class 12:20	Class 12:20	Class 12:20	Class 12:30
Class 12:40	Class 12:40	Class 12:40	Class 12:40	Class 12:40	Class 12:40	Class 12:50
Class 13:00	Class 13:00	Class 13:00	Class 13:00	Class 13:00	Class 13:00	
Class 13:20	Class 13:20	Class 13:20	Class 13:20	Class 13:20	Class 13:20	
Class 13:40	Class 13:40	Class 13:40	Class 13:40	Class 13:40	Class 13:40	
Class 14:00	Class 14:00	Class 14:00	Class 14:00	Class 14:00	Class 14:00	
Class 14:20	Class 14:20	Class 14:20	Class 14:20	Class 14:20	Class 14:20	
Class 14:40	Class 14:40	Class 14:40	Class 14:40	Class 14:40	Class 14:40	
Class 15:00	Class 15:00	Class 15:00	Class 15:00	Class 15:00	Class 15:00	
Class 15:20	Class 15:20	Class 15:20	Class 15:20	Class 15:20	Class 15:20	
Class 15:40	Class 15:40	Class 15:40	Class 15:40	Class 15:40	Class 15:40	
Class 16:00	Class 16:00	Class 16:00	Class 16:00	Class 16:00	Class 16:00	
Class 16:20	Class 16:20	Class 16:20	Class 16:20	Class 16:20	Class 16:20	
Class 16:40	Class 16:40	Class 16:40	Class 16:40	Class 16:40	Class 16:40	
Class 17:00	Class 17:00	Class 17:00	Class 17:00	Class 17:00	Class 17:00	
Class 17:20	Class 17:20	Class 17:20	Class 17:20	Class 17:20	Class 17:20	
Class 17:40	Class 17:40	Class 17:40	Class 17:40	Class 17:40		
Class 18:00	Class 18:00	Class 18:00	Class 18:00	Class 18:00		
Class 18:20	Class 18:20	Class 18:20	Class 18:20	Class 18:20		
Class 18:40	Class 18:40	Class 18:40	Class 18:40	Class 18:40		
Class 19:00	Class 19:00	Class 19:00	Class 19:00	Class 19:00		
Class 19:20	Class 19:20	Class 19:20	Class 19:20	Class 19:20		
Class 19:40	Class 19:40	Class 19:40	Class 19:40	Class 19:40		
Class 20:00	Class 20:00	Class 20:00	Class 20:00	Class 20:00		
Class 20:20	Class 20:20	Class 20:20	Class 20:20	Class 20:20		
Class 20:40	Class 20:40	Class 20:40	Class 20:40	Class 20:40		
Class 21:00	Class 21:00	Class 21:00	Class 21:00	Class 21:00		
Class 21:20	Class 21:20	Class 21:20	Class 21:20	Class 21:20		

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