

# PLANNING

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

<b>TOTAL BODY</b> 7:30 - 8:20		<b>TOTAL BODY</b> 7:30 - 8:20		<b>TOTAL BODY</b> 7:30 - 8:20	
<b>MOBILITY</b> 8:30 - 9:20	<b>TOTAL BODY</b> 8:30 - 9:20	<b>MOBILITY</b> 8:30 - 9:20	<b>TOTAL BODY</b> 8:30 - 9:20	<b>MOBILITY</b> 8:30 - 9:20	
<b>MET PILATES</b> 9:30 - 10:20	<b>MET PILATES</b> 9:30 - 10:20	<b>MET PILATES</b> 9:30 - 10:20	<b>MET PILATES</b> 9:30 - 10:20	<b>MET PILATES</b> 9:30 - 10:20	<b>MET PILATES</b> 10:00 - 10:50
<b>SOFT TONING</b> 9:30 - 10:20	<b>MOBILITY</b> 10:30 - 11:20	<b>SOFT TONING</b> 9:30 - 10:20	<b>MOBILITY</b> 10:30 - 11:20	<b>SOFT TONING</b> 9:30 - 10:20	<b>MOBILITY</b> 11:00 - 11:50
<b>FUNCTIONAL</b> 10:30 - 11:20		<b>FUNCTIONAL</b> 10:30 - 11:20		<b>FUNCTIONAL</b> 10:30 - 11:20	
<b>TOTAL BODY</b> 13:30 - 14:20		<b>TOTAL BODY</b> 13:30 - 14:20		<b>TOTAL BODY</b> 13:30 - 14:20	<b>TOTAL BODY</b> 13:00 - 13:50
	<b>FUNCTIONAL</b> 14:30 - 15:20		<b>FUNCTIONAL</b> 14:30 - 15:20		
<b>MOBILITY</b> 15:30 - 16:20		<b>MOBILITY</b> 15:30 - 16:20		<b>MOBILITY</b> 15:30 - 16:20	
<b>MET.PILATES</b> 16:30 - 17:20	<b>MOBILITY</b> 16:30 - 17:20	<b>MET.PILATES</b> 16:30 - 17:20	<b>MOBILITY</b> 16:30 - 17:20	<b>MET.PILATES</b> 16:30 - 17:20	
<b>TOTAL BODY</b> 17:30 - 18:20	<b>MET PILATES</b> 17:30 - 18:20	<b>TOTAL BODY</b> 17:30 - 18:20	<b>MET PILATES</b> 17:30 - 18:20	<b>TOTAL BODY</b> 17:30 - 18:20	
<b>COREO</b> 18:30 - 19:20	<b>FUNCTIONAL</b> 18:30 - 19:20	<b>COREO</b> 18:30 - 19:20	<b>FUNCTIONAL</b> 18:30 - 19:20	<b>FUNCTIONAL</b> 18:30 - 19:20	
<b>MET PILATES</b> 18:30 - 19:20	<b>MET PILATES</b> 18:30 - 19:20	<b>MET PILATES</b> 18:30 - 19:20	<b>MET PILATES</b> 18:30 - 19:20	<b>MET PILATES</b> 18:30 - 19:20	
<b>MET PILATES</b> 19:30 - 20:20	<b>GAG</b> 19:30 - 20:20	<b>MET PILATES</b> 19:30 - 20:20	<b>UPPER BODY</b> 19:30 - 20:20	<b>MET PILATES</b> 19:30 - 20:20	
<b>TOTAL BODY</b> 19:30 - 20:20		<b>TOTAL BODY</b> 19:30 - 20:20		<b>TOTAL BODY</b> 19:30 - 20:20	
<b>FUNCTIONAL</b> 20:30 - 21:20		<b>FUNCTIONAL</b> 20:30 - 21:20		<b>FUNCTIONAL</b> 20:30 - 21:20	



[www.kosmosgym.it](http://www.kosmosgym.it)



**Orari di apertura:**  
dal lunedì al venerdì  
7:30 - 22:30  
sabato  
9:00 - 18:00

📍 Via Vivaro Romano, 11  
☎ 06. 68589577

✉ [kosmosgymroma@gmail.com](mailto:kosmosgymroma@gmail.com)



Sala Big



Sala Small

FOLLOW US



# CORSI EXTRA

LUNEDI'
















































MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

PREP.ATLETICA 8:30 - 9:30 	PREP.ATLETICA 8:30 - 9:30 	PREP.ATLETICA 8:30 - 9:30 	PREP.ATLETICA 8:30 - 9:30 	PREP.ATLETICA 8:30 - 9:30 	
	NUOTO CONTROL 9:00 - 10:00 			NUOTO CONTROL 9:00 - 10:00 	
	ACQUA FITNESS 9:15 - 10:00 			ACQUA FITNESS 9:15 - 10:00 	
	HYDRO BIKE 10:00 - 10:45 				K1 11:00 - 12:30 
	NUOTO CONTROL 10:00 - 11:00 			NUOTO CONTROL 10:00 - 11:00 	
NUOTO CONTROL 11:00 - 12:00 	NUOTO CONTROL 11:00 - 12:00 		NUOTO CONTROL 11:00 - 12:00 	NUOTO CONTROL 11:00 - 12:00 	ACQUA FITNESS 11:25 - 12:10 
NUOTO CONTROL 12:00 - 13:00 	NUOTO CONTROL 12:00 - 13:00 	NUOTO CONTROL 12:00 - 13:00 	NUOTO CONTROL 12:00 - 13:00 	NUOTO CONTROL 12:00 - 13:00 	NUOTO CONTROL 12:05 - 13:00 
NUOTO CONTROL 13:00 - 14:00 	NUOTO CONTROL 13:00 - 14:00 	NUOTO CONTROL 13:00 - 14:00 	NUOTO CONTROL 13:00 - 14:00 	NUOTO CONTROL 13:00 - 14:00 	NUOTO CONTROL 13:00 - 14:00 
	ACQUA FITNESS 13:25 - 14:10 		ACQUA FITNESS 13:30 - 14:15 		
NUOTO CONTROL 14:00 - 15:00 	NUOTO CONTROL 14:00 - 15:00 	NUOTO CONTROL 14:00 - 15:00 	NUOTO CONTROL 14:00 - 15:00 	NUOTO CONTROL 14:00 - 15:00 	
	K1 19:30 - 21:00 	ACQUA FITNESS 19:10 - 19:55 	K1 19:30 - 21:00 		
	ACQUA FITNESS 19:50 - 20:35 	HYDRO BIKE 20:00 - 20:45 		ACQUA FITNESS 19:50 - 20:35 	
NUOTO CONTROL 20:30 - 22:00 			NUOTO CONTROL 20:30 - 22:00 		
	NUOTO CONTROL 21:10 - 22:10 			NUOTO CONTROL 21:10 - 22:10 	



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Sala Big



Sala Small



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