

**PLAY**

**DEE  
JAY**®

RICCIONE



VISIT EMILIA  
ROMAGNA



ENERGIA  
LIFESTYLE

**5 > 24 AGOSTO  
RICCIONE 2024**



**SPORT E SPETTACOLO  
SI METTONO IN GIOCO**

PIAZZALE ROMA

Scarica Technogym App  
per prenotare le classi  
**ISCRIZIONE GRATUITA**



**TECHNOGYM**

**TUTTI I GIORNI**

dalle 6:30 e dalle 17:45 (domeniche escluse)

📍 @DeejayOnStage [www.deejay.it](http://www.deejay.it) [www.energia.sm](http://www.energia.sm)



AGOSTO	6:30	7:30	8:00	9:00	10:00	17:45	18:00	18:30	18:45	19:00	19:45
SAB. 3	YOGA c/o Villa Mussolini										
LUN. 5	YOGA	RUN	CYCLEX	PILATES	FUNCTIONAL TRAINING	DYNAMIC STRETCH			CARDIO TONE		GROUP CYCLING
MAR. 6						YOGA		RUN	TOTAL BODY ENERGY		GROUP CYCLING
MER. 7		RUN	CYCLEX	FIT MOBILITY	HIGH INTENSITY TRAINING		PILATES			ATHLETIC TRAINING	
GIO. 8						HATHA YOGA		RUN	CARDIO TONE		CYCLEX
VEN. 9		RUN	GROUP CYCLING	DYNAMIC YOGA	CARDIO TONE		PILATES			FUNCTIONAL TRAINING	
SAB. 10	YOGA c/o Villa Mussolini					FIT MOBILITY		RUN	HIGH INTENSITY TRAINING		GROUP CYCLING
LUN. 12	YOGA	RUN	CYCLEX	PILATES	FUNCTIONAL TRAINING	DYNAMIC STRETCH			CARDIO TONE		GROUP CYCLING
MAR. 13							YOGA	RUN		TOTAL BODY ENERGY	
MER. 14		RUN	CYCLEX	FIT MOBILITY	HIGH INTENSITY TRAINING		PILATES			ATHLETIC TRAINING	
GIO. 15						HATHA YOGA		RUN	CARDIO TONE		
VEN. 16		RUN	GROUP CYCLING	DYNAMIC YOGA	CARDIO TONE	FIT MOBILITY			HIGH INTENSITY TRAINING		GROUP CYCLING
SAB. 17	YOGA c/o Villa Mussolini						PILATES	RUN		FUNCTIONAL TRAINING	
LUN. 19	YOGA	RUN	GROUP CYCLING	PILATES	FUNCTIONAL TRAINING	DYNAMIC STRETCH			CARDIO TONE		GROUP CYCLING
MAR. 20							YOGA	RUN		TOTAL BODY ENERGY	
MER. 21		RUN	CYCLEX	FIT MOBILITY	HIGH INTENSITY TRAINING	PILATES			ATHLETIC TRAINING		GROUP CYCLING
GIO. 22							HATHA YOGA	RUN		TECHNOGYM CLASS	
VEN. 23		RUN	CYCLEX	DYNAMIC YOGA	CARDIO TONE	PILATES			FUNCTIONAL TRAINING		GROUP CYCLING
SAB. 24	YOGA c/o Villa Mussolini						FIT MOBILITY	RUN		HIGH INTENSITY TRAINING	