PROCEDURA ISCRIZIONE IN PALESTRA

Tesseramento: € 15,00 Studenti
€ 25,00 Altre Categorie
Badge: € 5,00

Quota sala attrezzi o corso:

MENSILE
€ 30,00 Studenti
€ 40,00 Altre Categorie

TRIMESTRALE
€ 80,00 Studenti
€ 110,00 Altre Categorie

SEMESTRALE
€ 150,00 Studenti
€ 200,00 Altre Categorie

ANNUALE
€ 190,00 Studenti
€ 250,00 Altre Categorie

Pacchetto ingressi sala pesi: 5 ingressi---> € 25,00 Studenti € 30,00 Altre Categorie
10 ingressi---> € 40,00 Studenti € 50,00 Altre Categorie

	Studenti	Studenti OPEN	Altre Categorie	Altre Cat. OPEN
ANNUALE	€ 190,00	€ 240,00	€ 250,00	€ 280,00
SEMESTRALE	€ 150,00	€ 200,00	€ 200,00	€ 230,00
TRIMESTRALE	€ 80,00	€ 110,00	€ 110,00	€ 140,00
MENSILE	€ 30,00	€ 40,00	€ 40,00	€ 50,00

MODALITA' DI ACCESSO (certificato medico per attivita non agonistica)

1 Centro medico Restart Loc. S.Miniato, Via Oresete Lazzari 59, Siena Tel: 320 3070320 (€ 40,00)

2 Centro Medico Sportivo CUS in Via LBanchi 3, Siena - Tel 0577 52428 (€ 35,00)

3 Stampare e firmare autocertificazione su account personale universitario

ORARIO STRUTTURA

Lunedi .....17:00 - 22:00
Martedi.....12:00 - 14:00 17:00 - 22:00
Mercoledi.....17:00 - 22:00
Giovedi.....12:00 - 14:00 17:00 - 22:00
Venerdi .....17:00 - 22:00
Sabato..... .11:00 - 13:0

CORSI 2026/27

	LUNEDì	*MARTEDì*	*MERCOLEDì*	*GIOVEDì*	*VENERDì*
16:00-16:30		***CORPO LIBERO***			***CORPO LIBERO***
16:30-17:00					
17:00-17:30					
17:30-18:00					
18:00-18:30	***FULL BODY***		***FULL BODY***		
18:30-19:00					
19:00-19:30	***STRENGTH WORKOUT***		***STRENGTH WORKOUT***		***3°ORA ABBONAMENTO OPEN***
19:30-20:00					
20:00-20:30					

GYM MEMBERSHIP REGISTRATION PROCEDURE

Membrership: € 15,00 Students — Badge: € 5,00
€ 25,00 Other Categories

Payment of gym or course:

MONTHLY GYM FEE
€ 30,00 Students
€ 40,00 Other Categories

QUARTERLY GYM FEE
€ 80,00 Students
€ 110,00 Other Categories

HALF-YEARLY GYM FEE
€ 150,00 Students
€ 200,00 Other Categories

ANNUAL GYM FEE
€ 190,00 Students
€ 250,00 Other Categories

Weight room entry package:
5 entrances---> € 25,00 Students € 30,00 Other Categories
10 entrances---> € 40,00 Students € 50,00 Other Categories

	Students	Students FULL	Other Categories	Other Cate FULL
ANNUAL	€ 190,00	€ 240,00	€ 250,00	€ 280,00
SIX-MONTH	€ 150,00	€ 200,00	€ 200,00	€ 230,00
THREE-MONTH	€ 80,00	€ 110,00	€ 110,00	€ 140,00
ONE MONTH	€ 30,00	€ 40,00	€ 40,00	€ 50,00

ACCESS MODE (medical certificate for non-competitive activity)

1 Centro medico Restart Loc. S.Miniato, Via Oresete Lazzari 59, Siena Tel: 320 3070320 (€ 40,00)

2 Centro Medico Sportivo CUS in Via LBanchi 3, Siena - Tel 0577 52428 (€ 35,00)

3 Print and Sign self-certification on the university personal account

GYM TIMETABLE

Monday.....17:00 - 22:00
Tuesday.....12:00 - 14:00 17:00 - 22:00
Wednesday.....17:00 - 22:00
Thursday.....12:00 - 14:00 17:00 - 22:00
Friday.....17:00 - 22:00
Saturday.....11:00 - 13:00

COURSES 2026/27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-16:30		CORPO LIBERO			CORPO LIBERO
16:30-17:00					
17:00-17:30					
17:30-18:00					
18:00-18:30	FULL BODY		FULL BODY		
18:30-19:00					
19:00-19:30	STRENGTH WORKOUT		STRENGTH WORKOUT		3°HOUR SUBSCRIPTION FULL
19:30-20:00					
20:00-20:30					


PLEASE RACK YOUR WEIGHTS
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LA PALESTRA
UNIVERSITATIS SENARUM
MCCXXXX