

MAIN RULES

BADGE

Swipe your badge to access the locker room

T-SHIRT

It is required that you wear a t-shirt inside the gym. Tank tops will not be accepted

TOWEL

To access the weight room you must always carry a 50x100 cm towel with you

SHOES

In the locker room you are supposed to wear clean sneakers in order to have access to the weight room

BAGS AND BACKPACKS

It is forbidden to carry bags, gym bags or backpacks inside the weight room

Access will be denied before showing a valid

HEALTH CERTIFICATE
ANNUAL MEMBERSHIP
SUBSCRIPTION

CLOSING TIME

Weight room: Mon-Fri 10:15pm – Sat 7:45pm
Locker room: Mon-Fri 10:30pm – Sat 8:00pm

YOU CAN FIND THE COMPLETE LIST OF THE
GYM REGULATIONS ON OUR WEBSITE

BECAME A MEMBER

MEDICAL CERTIFICATE

COMPETITIVE or NON COMPETITIVE
ORIGINAL or via FAX
(+39) 02700517581

SUBSCRIPTION FEE

25€

BADGE
5€



EVERYBODY'S WELCOME

FITNESS

FUNCTIONAL TRAINING

CLASSES

PERSONAL TRAINER

5-A-SIDE FOOTBALL

Monday-Friday 10am-10:30pm
Saturday 10am-8pm

via Bocconi 12 

Phone: (+39)0258363010
palestra@unibocconi.it
www.palestrabocconi.net

PERSONAL TRAINER

1 HOUR
30€

10 HOURS BATCH
250€

YOU CAN VIEW DETAILS AND BIOS OF OUR
PERSONAL TRAINERS ON OUR WEBSITE

5-A-SIDE FOOTBALL

35€ / h

- You must make reservation in advance and then pay up front at the gym
- Only size-4 football are accepted
- You can use only turf or indoor shoes

GYM MEMBERSHIP

1-DAY PASS	6 €
1 WEEK	15 €
2 WEEKS	25 €
3 WEEKS	35 €
1 MONTH	40 €
1 MONTH (10:00am - 4:00pm)	25 €
1 MONTH AND A HALF	55 €
2 MONTHS	70 €
2 MONTHS AND A HALF	85 €
3 MONTHS	95 €

FIND SPECIAL OFFERS AND MORE ON
www.palestrabocconi.net

TRAINING PROGRAMS

PERSONALIZED TRAINING PROGRAM

15€

YOU MUST MAKE RESERVATION

OPEN CLASSES

	OPEN	+ GYM
1 MONTH	40 €	60 €
2 MONTHS	70 €	110 €
3 MONTHS	95 €	155 €

SENIOR FITNESS

1 MONTH - once a week	25 €
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FUNCTIONAL TRAINING

INTRODUCTORY		15 €
	FUNCTIONAL	+ GYM
1 MONTH	50 €	70 €
2 MONTHS	90 €	130 €
3 MONTHS	120 €	180 €