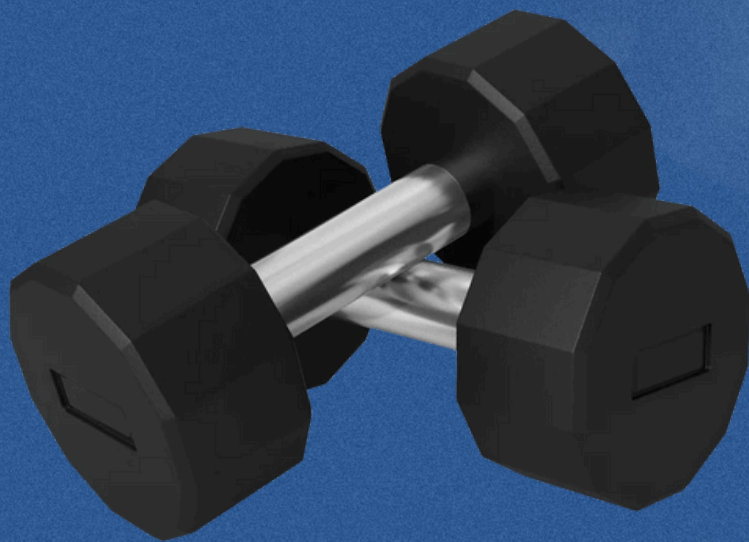


a cura di
Gabriele CARDINALE

GYM GUIDE



A.A. 2025/2026

DISCLAIMER:

This guide is not an official Bocconi document. Every information you can find here is to help those in need.

In order to have precise information we strongly suggest using the official sources like the site or Be in Touch and to contact the representatives elected in the collegial bodies for B.Lab.

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Introduction

Taking care of one's body is a key part of overall well-being, and regular physical activity plays a vital role in maintaining both physical and mental health. Sport is more than just exercise: it teaches discipline, resilience, and balance, values that align closely with personal growth and academic success. At Bocconi University, these values are actively encouraged through various sports initiatives and facilities.



However, for those looking to go beyond the university offerings or seeking greater flexibility, local gyms provide an excellent alternative. Whether you're after weight training, group classes, or wellness services, there are several fitness centres in Bocconi area that cater to a wide range of preferences and schedules. This guide explores some of the most popular options, with honest opinions to help you find the best fit for your lifestyle.

Gym Available

2.1

VIRGIN ACTIVE



Link:

<https://www.virginactive.it/club/milano/milano-bocconi>

Address: Viale Toscana, 30, 20141 Milano MI

Price range: €€€

When talking about gyms in Bocconi, Virgin Active is probably the first option that comes to your mind. This is because, even though there are plenty of clubs all around Milan, there is one just located inside of Bocconi Sport Centre. The gym is open all weekdays 7 a.m.-11 p.m., except during the weekends, where it is open 8 a.m.-8 p.m. The clubs offer a wide variety of courses (which include Calisthenics, Yoga, Lift Club etc.) and services, which include a Relax area, a Lifting area and a Cafeteria.



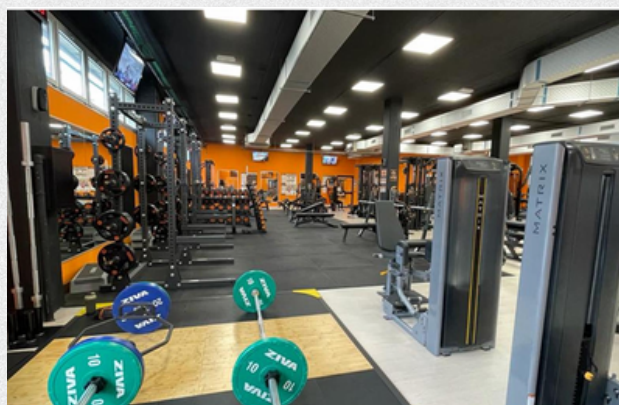
The most relevant downgrades are the size of the clubs (during peak hours it becomes problematic) and the price. Virgin Active is a pretty expensive gym, as a single entrance might cost around 50€, but there is a good variety of memberships. For the longer ones, there's a subscription fee (which might cost 120€ for the annual one), and then monthly payments that might go over 70€ for the annual membership.

The positive news is that, as Bocconi students, inside of the club located in the Bocconi Sport Centre, there is the possibility of purchasing the annual membership (without course, but with the access to all the other services and the Running Track available at the BSC) with the discounted monthly payments depending on the Fees relief target you belong to. All you need is the standard membership at the Bocconi Sport Centre and a valid non-agonistic medicate certificate. Check this [link](#) to see all the different tariffs.

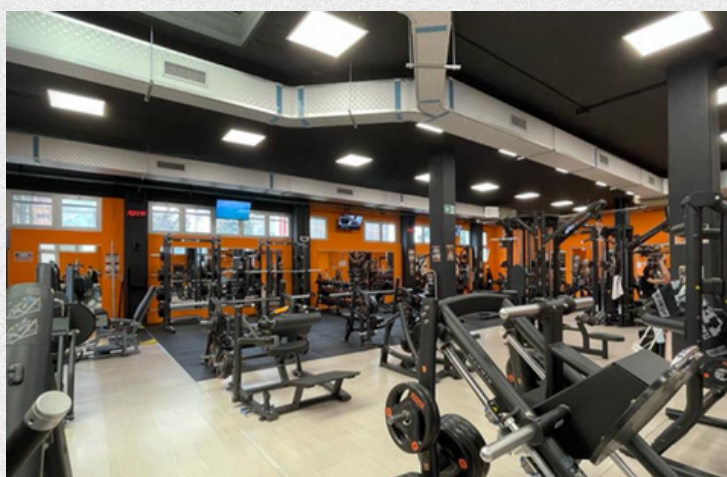


Link: <https://www.fitactive.it/>
 Address: Via Muzio Attendolo
 Detto Sforza, 11, 20141 Milano MI
 Price range: €

There are three clubs in Milan, the closest of which to Bocconi is in Ripamonti zone, easily reachable by taking the tram 24 (students in Dubini/Spadolini/Isonzo, that's pretty comfortable for you 😊). The most relevant advantages of this gym are the availability and price. Regarding the first one, the gyms are open 24/7, making it easier for you to fit trainings in your week schedules.



Regarding the price, even though there is a thinner offer of memberships, considering the annual one together with a subscription fee of 80€ the monthly fee will be just 20€, which will allow you also to access to all the other clubs around Italy and 3 free accesses for your friends), making it one of the most convenient gym chain around Milan considering the relationship between price/service. On the other hand, outside of the Lifting Area, there aren't relevant additional services for your well-being (outside of some relaxing armchair and a tanning lamp) and the common problem of too many people during peak hours.

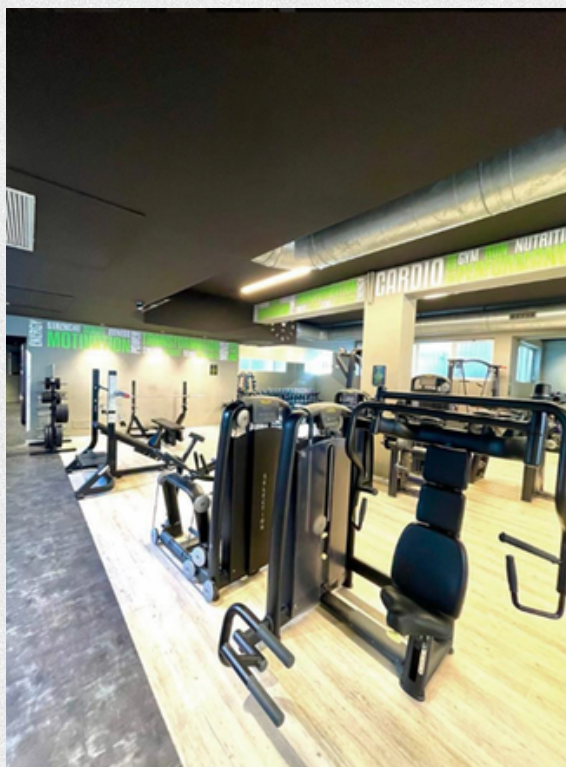
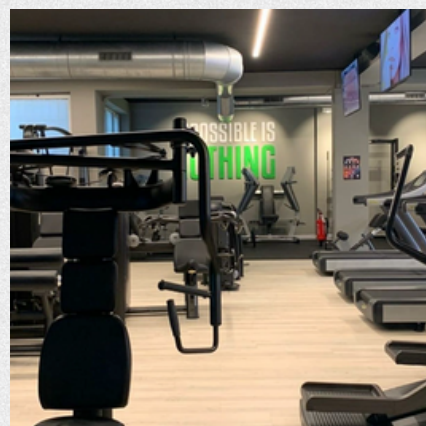


Link: <https://active-24.it/>

Address: Via Altaguardia, 4, 20135
Milano MI

Price range: €€€

There are 2 clubs in Milan, one close to Bocconi (15 mins walking towards Porta Romana) and one close to Duomo. Also in this case, the gym is open 24/7, offers a wide variety of courses and has a Cafeteria where you can relax and purchase different marks of integrators (such as Proteins, Amino Acids and Creatine). The most relevant advantage compared to other gym are the unlimited access to the course, a free schedule for your trainings (in this way, in case this will be your first time training, you'll have something to start from) and an easier procedure for suspending your membership.



The most relevant downgrade of this gym is the price. As it is possible to see from the website, you'll need to purchase the entire annual subscription once for the whole period of interest. So, for example, for the annual subscription you'll need to pay 750€ in a single moment. There is the possibility of paying a monthly subscription, but you'll need to specify you prefer this option!

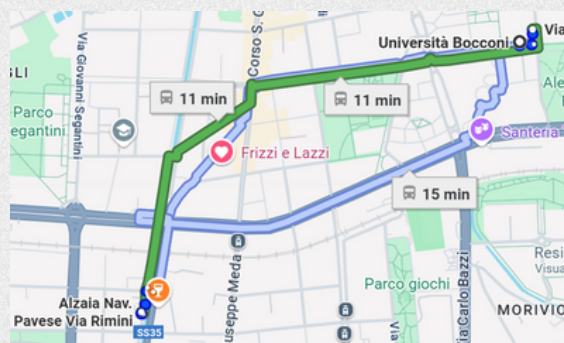


2.4

FACTORY GYM CLUB

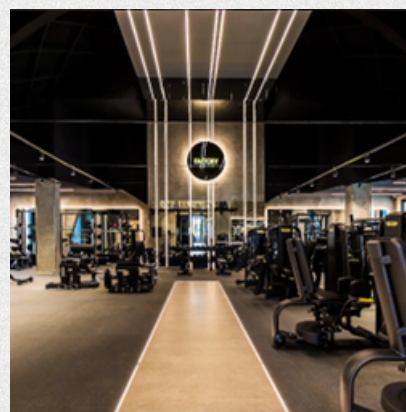
Link: <https://www.factorygymclub.it/>
 Address: Via Ascanio Sforza, 81, 20141
 Milano MI
 Price range: Unknown

FACTORY
 GYM CLUB



15 min

This gym is located in a position that might be challenging for some. Even though it is easily reachable in 10 minutes by using the bus line 59 from the Bocconi, because there is only one club in all the city in the Navigli zone, could be hard for some people to reach and easy for others. The opening hours are the same of Virgin Active's and, even though it is located in a more remote zone, the gym is not that bigger than other ones. There is a wide variety of courses and personal trainers, and the Lifting Area seem to be well equipped, even though it is not as well equipped as the Action Fit.



Unfortunately, there are information related to the membership prices on the website (as well as the price for the single entrance), so you'll need to go in person to discover them. From the website it doesn't seem to have additional services for your wellbeing, as these are located in the bigger club in Monza.



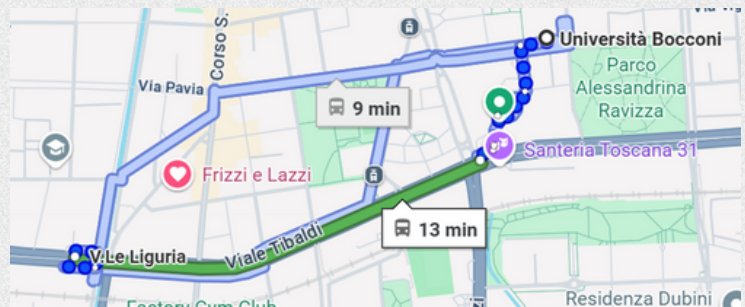
2.5

ACTION FIT



10 min

Link: <https://www.actionfit.it/>
 Address: Viale Liguria, 46, 20143
 Milano MI
 Price range: Unknown



Probably one of the most famous gym chains in Italy. There is a wide variety of clubs all over the city, but the closest one to the university is the one in Viale Liguria, easily reachable by using the bus line 90. The most relevant advantage is the offer of the gym. There is a big variety of courses (that can be followed both in presence and online), you'll have the possibility to access all the other clubs, there is a wide team of instructors that will support you and there is a Lifting Area that surpasses the other gyms around, both for surface and offer/variety of machines.



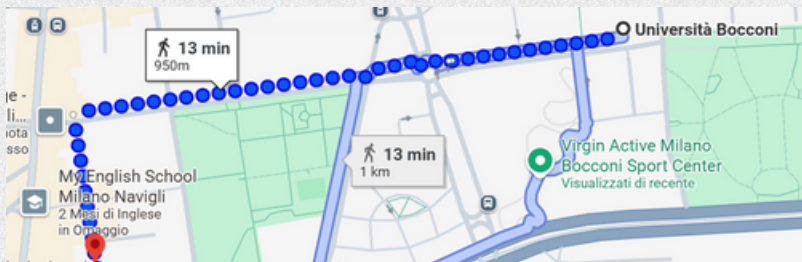
Even though the gym is not open 24/7 (usually they are open all days but from 5a.m.- 0 a.m.), there are additional services for your well-being such as a pool with hydromassage. Unfortunately, there are information related to the membership prices on the website, so you'll need to go in person to discover them. As it is written on the website, the single entrance price can vary depending on the club and no suspension of the membership is allowed.



2.6

20HOURS

15 min

20
Hours
club

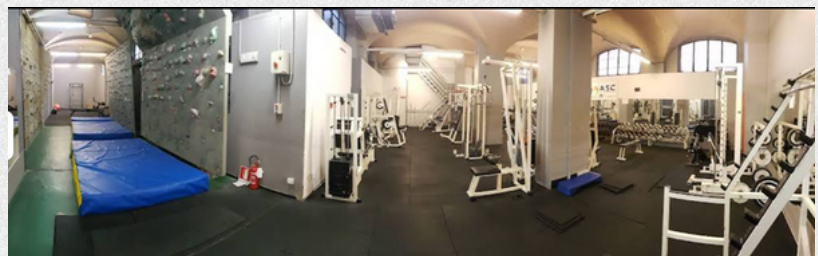
Link: <https://www.20hours.it/palestre/club-brioschi>
 Address: Via Francesco Brioschi, 26, 20136 Milano MI
 Price range: €

Also in this case, we are facing one of the most convenient gym chains all over the city. 20Hours has 3 clubs in Milan, one close to Duomo, one in Porta Genova and the last one, the closest to Bocconi (it is possible to easily reach it in 15 minutes walking next to Parco della Resistenza), in Via Brioschi. The opening hours are similar to other gyms (7a.m.-10p.m. during week, 10a.m.- 8p.m. during Saturday and 10a.m.- 6p.m. during Sunday).



The most relevant advantage of the gym is the convenience. Not only because of the proximity with the university, but also because within the membership it is included the possibility to participate in all the courses, a free training schedule will be given to you from a personal trainer for a reasonable price (around 25€ per month, even though a single payment for the whole period will be required) and there is a reasonable flexibility for the suspension of the membership.

On the other hand, some people have complained about the populousness of the gym during peak hours and the obsolescence of some machines. So, even though it might be a good place where to start your journey, on the long term it might turn out to be limiting.





**TO KNOW
MORE**



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