

CORSI FITNESS DAL 29/11/2021

LUN	MAR	MER	GIO	VEN
SUPER JUMP 9:30 - 10:15 MAURO	FITNESS FUNZIONALE 9:30 - 10:15 DAVIDE	FUNCTIONAL TRAINING 9:30 - 10:15 MICHELA	TOTAL BODY JUMP 9:30 - 10:15 MAURO	
POWER PUMP 10:15 - 11:00 MAURO	CIRCUIT TRAINING 10:15 - 11:00 DAVIDE	HIIT TRAINING 10:15 - 10:45 MICHELA	X-CORE 10:15 - 11:00 MAURO	POWER PUMP 10:15 - 11:00 MAURO
		POWER STRETCH 10:45 - 11:15 MICHELA		
G.A.G TONIC 13:00 - 13:45 MAURO	BRUCIA GRASSI 13:00 - 13:45 MAURO	CROSS REBEL 13:00 - 13:45 MATTEO F.		POWER PUMP 13:00 - 13:45 MAURO
TOTAL BODY 18:00 - 18:45 SIMONA	TOTAL BODY JUMP 17:45 - 18:30 GRAZIA		BRUCIA GRASSI 18:00 - 18:45 MAURO	
FIT UP 18:45 - 19:30 SIMONA	G.A.G TONIC 18:30 - 19:15 GRAZIA		HIIT TRAINING 19:00 - 19:45 UMBERTO	
X-CORE 19:30 - 20:00 SIMONA	FIT DANCE 19:15 - 20:00 ALBERTO	CARDIO FIT 19:15 - 20:00 ELEONORA	X - CORE 18:45 - 19:15 MAURO	G.A.G. TONIC 19:00 - 19:45 UMBERTO
		ZUMBA 20:00 - 20:45 ELEONORA	POWER PUMP 19:15 - 20:00 MAURO	CROSS REBEL 19:45 - 20:30 UMBERTO
	STEP 20:00 - 20:45 ALBERTO		CROSS REBEL 19:45 - 20:30 UMBERTO	

▶ SALA ARANCIO

▶ SALA CROSS

CORSI SU PRENOTAZIONE - NUMERO MINIMO ISCRITTI 3 - OBBLIGO CERTIFICATO MEDICO E GREEN PASS