

ATTIVITA' FITNESS A TERRA - dal 11 SETTEMBRE 2017

	LUN	MAR	MER	GIO	VEN
M A T T I N O	SUPER JUMP 9:30 - 10:15 Mauro	PILATES 9:30 - 10:15 Alessia	TOTAL BODY 9:30 - 10:15 Marco	PILOGA 9:30 - 10:15 Monica	PILATES 9:30 - 10:15 Alessia
	X CORE 10:15 - 10:45 Mauro	BRUCIA GRASSI 10:15 - 11:00 Alessia	CROSS TRAINING 10:15 - 11:00 Marco	POWER PUMP 10:15 - 11:00 Monica	CARDIO TONE 10:15 - 11:00 Alessia
	STRETCHING 10:45 - 11:00 Mauro	BRUCIA GRASSI 13:00 - 13:45 Alessia		BRUCIA GRASSI 13:00 - 13:45 Monica	POWER PUMP 13:00 - 13:45 Alessia
P R A N Z O	WELLBACK 13:00 - 13:45 Federica		POSTURAL PILATES 13:00 - 13:45 Federica		WELLBACK 13:00 - 13:45 Matteo
	CROSS TRAINING 13:00 - 13:45 Marco	WELLNESS TONE 17:45 - 18:30 Angela	SUPER JUMP 17:30 - 18:15 Mauro	ZUMBA FITNESS 18:00 - 18:45 Marina	PILOGA 17:30 - 18:15 Stefano
	ZUMBA FITNESS 17:45 - 18:30 Mauro	STEP TONE 18:30 - 19:15 Angela	BRUCIA GRASSI 18:15 - 19:00 Alessia	CARDIO TONE 18:45 - 19:30 Alessia	X CORE 18:15 - 18:45 Stefano
P O M E R I G G I O	SUPER JUMP 18:30 - 19:15 Mauro	BRUCIA GRASSI 19:15 - 20:00 Angela	POWER PUMP 19:00 - 19:45 Alessia	CROSS TRAINING 19:45 - 20:30 Daniele	INSANITY 18:45 - 19:15 Stefano
	X CORE 19:15 - 19:45 Mauro	CROSS TRAINING 19:30 - 20:15 Lorenzo	PILATES 19:45 - 20:30 Alessia		FIT BOXE 19:15 - 20:00 Stefano
	POSTURAL PILATES 19:30 - 20:15 Federica	ZUMBA STEP 20:00 - 20:45 Marina	CROSS TRAINING 20:00 - 20:45 Marco		CROSS TRAINING 19:30 - 20:15 Marco
S E R A	POWER PUMP 19:45 - 20:30 Mauro				
	CROSS TRAINING 20:30-21:15 Daniele				

TONIFICAZIONE

CARDIO TONO

CARDIO

EXTRA
ABBONAMENTO

OLISTICO

stendhal
FITNESS VILLAGE
BY GESTISPORT

Tel 0341 579189
oggiono@gestisport.com

TUTTI I CORSI SONO SU PRENOTAZIONE .
OBBLIGATORIO CERTIFICATO MEDICO PER
ATTIVITA' SPORTIVA NON AGONISTICA