

Orari corsi Fitness in palestra

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.15 TOTAL BODY Michela		9.15 BODY ADVANCED Michela	9.15 WALKEXERCISE Michela		
10.00 PILATES Simona			10.00 PILATES Simona	10.30 TOTAL BODY Michela	11.00 TACFIT Daniele
12.45 INDOOR CYCLING Beppe	12.45 TACFIT Daniele	12.45 FUNCTIONAL Daniele	12.45 WALKEXERCISE Marco	12.45 INDOOR CYCLING Beppe	12.45 PILATES Cristina
15.30 POST GYM Simona		18.00 ABDOMINAL SUPER TONE Chiara			15.10 STEP/ WALKEXERCISE Marco
18.30 TOTAL BODY Cristina	18.30 PUMP Roby	18.30 I-TONE Chiara	18.30 PILATES Roby	18.30 FUNCTIONAL Daniele	
19.30 PILATES Cristina	19.30 WALKEXERCISE Roby	19.30 STEP Chiara	19.15 WALKEXERCISE Roby	19.30 MUAY THAI BOXE THAILENDESE Aldo / Gianluca	
20.15 GAG 3X15 Cristina	20.30 MUAY THAI BOXE THAILENDESE Aldo / Gianluca	20.30 INDOOR CYCLING Beppe	20.15 BOXE-UP Salvatore	19.40 TACFIT Daniele	