

 PISCINA  
 PALESTRA

## Corsi Fitness dal 24 al 5 Gennaio 2025

### 24 DICEMBRE

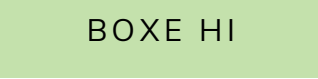



10.00  CHRISTMAS  
FUCTIONAL

10.00  CHRISTMAS  
GYM

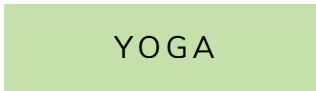
A seguire una fetta di  
panettone per  
festeggiare tutti insieme


### 3 GENNAIO

9.30  BOXE HI


10.00  GYM


### 27 DICEMBRE


9.30  YOGA

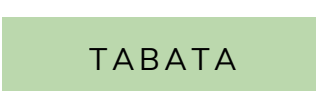
10.00  GYM


### 5 GENNAIO

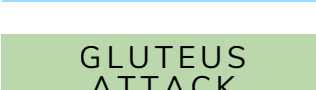
9.15  LONGEVITY

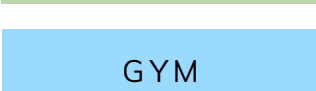
9.15  CIRCUIT

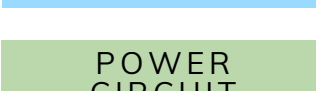
10.00  GYM

12.45  TABATA


12.45  CIRCUIT


18.10  GLUTEUS  
ATTACK


18.30  GYM


19.00  POWER  
CIRCUIT


### 29 DICEMBRE


9.15  LONGEVITY

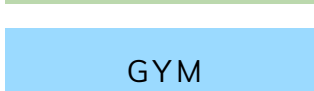
9.15  CIRCUIT

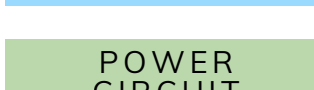
10.00  GYM

12.45  TABATA

12.45  CIRCUIT

18.10  GLUTEUS  
ATTACK

18.30  GYM

19.00  POWER  
CIRCUIT

### 30 DICEMBRE

9.15  POSTURALE

9.15  DOLCE

10.00  GYM

11.45  GESTANTI

12.45  CARDIO  
CROSS

12.45  GYM

18.10  TABATA

18.30  GYM


19.00  STEP  
COREO


### 31 DICEMBRE


9.30  GLUTEUS  
ATTACK


10.00  GYM


### 2 GENNAIO


9.15  TONE UP

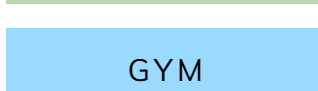
9.15  DOLCE


10.00  GYM

12.45  GLUTEUS  
ATTACK

12.45  GYM

18.10  POWER  
CIRCUIT

18.30  GYM

19.00  PILATES  
FLOW

