PROGRAMMA SETTIMANALE CORSI FITNESS

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
MATTINA	10:00 45' PILATES MAT IRENE		7:30 50' € HIRX MARCO 10:00 60' € PILATES G.T.S. IRENE				
PAUSA PRANZO	13:00 45' H.I.I.T. MARCO	13:00 45' PILATES MAT FRANCESCA	13:00 50' € HIRX MARCO	13:00 45' SUSPENSION TRAINING MARCO	13:00 45' PILATES MAT FRANCESCA		
SERA	18:30 45' ALL U CAN HITS IRENE 19:15 45' PILATES MAT IRENE	18:30 15' CORE MATTEO 18:45 45' HANGAR PUMP MATTEO 19:30 30' MOBILITY MATTEO	18:30 50' € HIRX MARCO 18:30 60' € PILATES G.T.S. IRENE 19:30 60' € PILATES G.T.S. IRENE	18:30 45' SUSPENSION TRAINING MARCO 19:15 45' H.I.I.T. MARCO			

HYROX

HI-NRG

FIT&FUN

BALANCE

€ OPEN O INGRESSI O INTEGRAZIONE

€ INGRESSI O INTEGRAZIONE