

PLANNING SALE FITNESS

SALE 1° PIANO [SALE 4 e 5] SALA 4 ■ SALA 5 ■

ORA	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
9:00				GAG		
10:00		FLEXIBILITY	STRETCH & TONE	FLEXIBILITY	STRETCH & TONE	
11:00						
12:00						
13:00	GAG		TOP TONE		CIRCUIT TONE	
14:00						
15:00						
16:00						
17:00						
18:00						
19:00		19:30-20:45 TRAINING FOR BOXE		19:00-20:30 TRAINING FOR BOXE		
20:00	LATIN FITNESS	20:45-22:00 TRAINING FOR BOXE	LATIN FITNESS	20:30-22:00 TRAINING FOR BOXE		
21:00						
22:00						

SALA 1 - PIANO TERRA

ORA	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
9:00		WEIGHT PUMP			TONE UP	
10:00						
11:00						STEP COREO
12:00						STRETCH & TONE
13:00		TONE UP		TOTAL TONE		TOP TONE
14:00						
15:00						
16:00						
17:00	CARDIO TONE		BODY FUNCTIONAL			
18:00	WEIGHT PUMP	GAG		STEP	STEP & TONE	
19:00		STEP & TONE	GAG	GAG	CROSSTRAINING	
20:00	FUNCTIONAL TRAINING			FUNCTIONAL TRAINING		
21:00						
22:00						