

FITNESS A TERRA ORARI CORSI 2021-2022

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
Ore 09.10 SPINNING	Ore 09.30 FUNCTIONAL TRAINING	Ore 09.10 SPINNING	Ore 09.30 SUPER TABATA	Ore 09.30 RUNNING & TONE	Ore 09.10 SPINNING
Ore 10.30 PILATES	Ore 10.30 POSTURAL TRAINING	Ore 10.30 JUST PUMP	Ore 10.30 PILATES	Ore 10.30 POSTURAL TRAINING	Ore 10.30 JUST PUMP
Ore 14.15 JUST PUMP		Ore 14.15 FUNCTIONAL TRAINING		Ore 14.15 SPINNING	
Ore 17.20 POSTURAL TRAINING	Ore 18.00 PILATES		Ore 18.00 PILATES	Ore 17.20 POSTURAL TRAINING	
Ore 18.30 RUNNING & TONE		Ore 18.30 G. A. G.		Ore 18.30 CROSS TRAINING	
	Ore 19.00 JUST PUMP		Ore 19.00 JUST PUMP		
Ore 20.00 SPINNING		Ore 20.00 SPINNING		Ore 19.40 SPINNING	