

# FIT FOR YOU

I corsi verranno attivati al raggiungimento del numero minimo di partecipanti

PRENOTAZIONE OBBLIGATORIA



Prenota ora  
340 210 3232

| ORARIO        | Lunedì                | Martedì                              | Mercoledì              | Giovedì                              | Venerdì               |
|---------------|-----------------------|--------------------------------------|------------------------|--------------------------------------|-----------------------|
| 9.30 - 10.15  | OLISTIC WORKOUT       | YOGA                                 | OLISTIC WORKOUT        | YOGA                                 | OLISTIC WORKOUT       |
| 10.15 - 11.15 | PILATES               |                                      | PILATES                |                                      | PILATES               |
| 11.30 - 12.15 | FUNCTIONAL TRAINING   |                                      | TOTAL BODY WORKOUT GAG |                                      | FUNCTIONAL TRAINING   |
| 14.00 - 15.00 | GROUP BOXING FIT BOXE |                                      | GROUP BOXING FIT BOXE  |                                      | GROUP BOXING FIT BOXE |
| 17.00 - 18.00 |                       | MOBILITY & STRETCHING                |                        | MOBILITY & STRETCHING                |                       |
| 18.00 - 19.00 |                       | YOGA                                 |                        | YOGA                                 |                       |
| 18.30 - 19.30 | PILATES               |                                      | PILATES                |                                      | PILATES               |
| 19.00 - 20.30 |                       | KRAV MAGA DIFESA PERSONALE           |                        | KRAV MAGA DIFESA PERSONALE           |                       |
| 19.30 - 20.30 | FUNCTIONAL TRAINING   |                                      | TOTAL BODY WORKOUT GAG |                                      | FUNCTIONAL TRAINING   |
| 20.30 - 21.30 | GROUP BOXING FIT BOXE | BU JITSU (JU JITSU / AIKIDO / KENDO) | GROUP BOXING FIT BOXE  | BU JITSU (JU JITSU / AIKIDO / KENDO) | GROUP BOXING FIT BOXE |