

Orari Estivi FITNESS

18/06/2018 – 10/08/2018



LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
WalkFIT <i>Serena</i> 10:15 – 11:00		JumpFIT <i>Stefano</i> 10:15 – 10:45		PosturalFIT <i>Stefano</i> 10:15 – 11:00
		BodyFIT <i>Stefano</i> 10:45 – 11:15		
Piloga <i>Serena</i> 12:45 – 13:30		Piloga <i>Cristina</i> 12:45 – 13:30		
TRX Cyrcuit <i>Cristina</i> 17:30 – 18:15	Pilates <i>Cristina</i> 17:15 – 18:00		BodyFIT <i>Stefano</i> 17:45 – 18:15	
Pilates <i>Cristina</i> 18:15 – 19:00	Zumba <i>Cristina</i> 18:00 – 18:45	DanceFIT <i>Stefano</i> 18:00 – 18:45	StepFIT <i>Stefano</i> 18:15 – 19:00	WalkFIT <i>Serena</i> 17:30 – 18:15
	Gly&Bosu <i>Cristina</i> 18:45 – 19:30		PowerFIT <i>Stefano</i> 19:00 – 19:30	

Orari Estivi SALA PESI

18/06/2018 – 31/08/2018



LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
10:00 – 14:00		10:00 – 14:00		10:00 – 14:00
16:00 – 20:00	16:00 – 20:00	16:00 – 20:00	16:00 – 20:00	16:00 – 20:00

La palestra sarà chiusa dal 13/08/2018 al 26/08/2018.