

CORSI FITNESS

ORE LUNEDÌ

- 09.30 | **BODYPUMP** (45 min)
- 10.30 | **SUPERJUMP** (45 min)
- 12.50 | **BOXE UP** (45 min)
- 12.50 | **PLAY TRIFORM** (30 min)
- 17.00 | **PANCAFIT** (45 min sala 2)
- 18.15 | **PLAY TRIFORM** (30 min)
- 18.15 | **ZUMBA** (45 min)
- 19.00 | **BODYPUMP** (45 min)
- 20.00 | **RPM** (45 min)
- 20.00 | **BALANCE** (45 min sala 2)

ORE MERCOLEDÌ

- 09.30 | **ADDOMINALI** (15 min)
- 09.45 | **TOTAL TONE** (45 min)
- 10.30 | **BOXE UP** (45 min)
- 12.50 | **WONDER BODY** (45 min)
- 12.50 | **RUNNING TABATA** (45 min)
- 17.00 | **PANCAFIT** (45 min sala 2)
- 18.30 | **TABATA** (45 min)
- 19.15 | **BODYPUMP** (45 min)
- 20.00 | **BODYATTACK** (30 min)
- 21.00 | **PANCAFIT** (45 min sala 2)

ORE VENERDÌ

- 09.30 | **POSTURALE** (45 min)
- 10.15 | **YOGA** (60 min sala 2)
- 12.50 | **CORE** (45 min)
- 16.00 | **PANCAFIT** (45 min sala 2)
- 18.30 | **HIIT** (30 min)
- 19.00 | **ZUMBA** (45 min)

ORE MARTEDÌ

- 09.30 | **FLEXABILITY** (60 min)
- 10.30 | **PLAY TRIFORM** (30 min)
- 11.00 | **PANCAFIT** (45 min sala 2)
- 12.50 | **BODYPUMP** (45 min)
- 18.30 | **COMBAT** (45 min)
- 19.30 | **STRONG CIRCUIT** (45 min)
- 19.30 | **YOGA** (60 min sala 2)

ORE GIOVEDÌ

- 09.30 | **BODYPUMP** (60 min)
- 11.00 | **PANCAFIT** (45 min sala 2)
- 12.50 | **TABATA** (45 min)
- 18.30 | **RPM** (45 min)
- 19.30 | **COMBAT** (45 min)
- 19.30 | **PILATES** (60 min sala 2)

ORE SABATO

- 09.45 | **PILATES** (60 min)
- 11.00 | **SURPRISE FITNESS**

ORE DOMENICA

- 10.30 | **RPM / SPINNING** (45 min)
- 10.30 | **FLEXABILITY** (60 min sala 2)



Conosci tutti i corsi

GALLARATE Via Ristori, 17
Tel. 0331 701210 | www.play-fitness.it

ORARI DI APERTURA

LUN - VEN 6.00 - 22.00

SAB 9.00 - 19.00 | **DOM** 9.00 - 13.00