

CORSI FITNESS

PLAYFITNESS
PALESTRA E CORSI

LUNEDI'

09.15 SUPER GAG
10.05 PILOGA
10.55 FLEXABILITY
12.10 PUMP
17.30 PILATES
18.20 SUPER GAG
19.10 WALKING
20.00 KICK BOXING

MARTEDI'

09.15 PUMP
10.05 STRETCH & TONE
11.00 **YOGA**
12.10 PILATES
17.30 GROUP BOXING
18.30 TABATA
19.20 GROUP BOXING

MERCOLEDI'

09.15 STRETCHING
10.05 POSTURALE
10.55 PILATES
12.10 TOTAL BODY
17.30 FUNZIONALE
18.20 PILATES
19.10 TOTAL BODY
20.00 **YOGA**

GIOVEDI'

09.15 BODY SCULPT
10.05 PILATES
10.55 BACK CARE
12.10 TOTAL BODY
17.30 TABATA
18.30 **SPINNING**
19.25 GROUP SPARRING
20.20 KICK BOXING

VENERDI'

09.15 TOTAL BODY
10.05 CORE STABILITY
11.00 POSTURALE
12.10 PILATES
17.30 WALKING
18.20 CARDIO STEP
19.10 CALISTHENICS

SABATO

10.00 SURPRISE FITNESS

----- CORSI PREMIUM

GORLE Via Celadina,5

Tel. 035 299110 - 3318583329

ORARI DI APERTURA

LUN-VEN dalle 7.00 alle 22.00

SAB dalle 9.00 alle 18.00 DOM dalle 9.00 alle 13.00