PLAYFITNESS
PALESTRA E CORSI

CORSI FITNESS

LUNEDÌ

ORE	
09.30	BODYPUMP
10.30	SUPERJUMP
12.50	BOXE UP
12.50	PLAY TRIFORM
17.00	PANCAFIT
18.00	PLAY TRIFORM
18.15	ZUMBA
19.00	BODYPUMP
20.00	BODYATTACK

MARTEDÌ

ORE	
09.15	FLEXABILITY
10.00	CORE
11.00	PANCAFIT
12.50	BODYPUMP
18.15	BODYCOMBAT
19.00	FLEXABILITY
20.00	RPM
21.00	DIFESA PERSONALE (EXTRA)

MERCOLEDÌ

ORE	
09.30	ADDOMINALI
09.45	TOTAL TONE
10.30	YOGA FLEX
11.30	PLAY TRIFORM
12.50	SUPERJUMP
12.50	RUNNING TABATA
16.00	PANCAFIT
18.15	BODYATTACK
19.00	CORE
19.45	TABATA

GIOVEDÌ

ORE	
10.00	BODYPUMP
11.00	PANCAFIT
12.50	GRIT
17.00	PLAY TRIFORM
18.15	RPM
19.15	BODYPUMP
20.15	BODYBALANCE

VENERDÌ

ORE	
09.30	POSTURALE
11.00	PLAY TRIFORM
12.50	CORE
16.00	PANCAFIT
18.30	GRIT
19.00	ZUMBA

SABATO

ORE	
09.45	PILATES
11.00	SURPRISE FITNESS

DOMENICA

ORE	
10.30	RPM

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

ORARI DI APERTURA

LUN - MER - VEN 6.00 - 22.00 | **MAR - GIO** 8.00 - 22.00
SAB 9.00 - 19.00 | **DOM** 9.00 - 13.00