



PLANNING CORSI FITNESS DAL 14/10/2019

Ora	Corso	area	Ora	Corso	area	Ora	Corso	area	Ora	Corso	area	Ora	Corso	area	Ora	Corso	area	Ora	Corso	area
LUN			MAR			MER			GIO			VEN			SAB			DOM		
09:30-10:30	pilates	05	07:00-08:00	functional training	04	09:30-10:30	pilates	05	09:30-10:30	functional training	04	07:00-08:00	TRX suspension training	04	10:30-11:30	brazilian jiu-jitsu	06	11:00-12:00	indoorcycling	03
09:30-10:30	TRX suspension training	04	13:00-14:00	functional training	04	13:00-14:00	TRX suspension training	04	13:00-14:00	indoorcycling	03	13:00-14:00	TRX circuit	04	13:00-14:00	functional training	04			
10:30-11:30	pilates	05	17:00-18:00	brazilian jiu-jitsu	06	17:00-18:15	brazilian jiu-jitsu	06	17:00-18:00	brazilian jiu-jitsu	06	17:20-18:10	H.E.A.T. program	03	13:00-14:00	indoorcycling	03			
13:00-14:00	TRX suspension training	04	18:00-19:00	TRX suspension training	04	18:15-19:15	functional core	04	18:00-19:00	TRX suspension training	04	18:15-19:15	TRX suspension training	04						
13:00-14:00	indoorcycling	03	18:30-19:30	indoorcycling	03	18:15-19:05	H.E.A.T. program	03	18:15-19:15	indoorcycling	03	18:20-19:10	H.E.A.T. program	03						
17:00-18:15	brazilian jiu-jitsu	06	19:00-20:00	fitboxe	04	18:30-20:00	brazilian jiu-jitsu	06	19:00-20:00	fitboxe	04	18:30-20:00	brazilian jiu-jitsu	06						
18:10-19:00	H.E.A.T. program	03	19:00-20:30	brazilian jiu-jitsu	06	19:00-20:30	boxe	04	19:00-20:30	brazilian jiu-jitsu	06	19:15-20:15	functional core	04						
18:15-19:15	functional training	04	19:15-20:15	pilates	05	19:15-20:15	functional training	04	19:15-20:15	pilates	05	20:15-21:15	functional training	04						
18:30-19:30	brazilian jiu-jitsu	04	19:30-20:30	indoorcycling	03	19:15-20:05	H.E.A.T. program	03	19:15-20:15	indoorcycling	03	20:15-21:15	pilates	05						
19:00-20:30	boxe	04	20:00-21:00	total fitness	04	20:15-21:15	TRX suspension training	04	20:00-21:00	total fitness	04	20:30-22:00	boxe	04						
19:10-20:00	H.E.A.T. program	03				20:15-21:15	pilates	05												
19:15-20:15	TRX suspension training	04				20:15-21:05	H.E.A.T. program	03												
19:30-21:00	brazilian jiu-jitsu	06				20:30-22:00	boxe	04												
20:15-21:15	indoorcycling	03																		
20:15-21:15	functional core	04																		
20:30-22:00	boxe	04																		

La direzione si riserva la facoltà di apportare le modifiche al planning per esigenze organizzative e funzionali, previo avviso alla clientela

Tutti i corsi sono su prenotazione, tramite APP proprietaria o rivolgendosi al 0371483209; per prenotare è necessario essere in possesso di un profilo attivo (abbonamento valido, quota associativa valida, certificato medico NON agonistico valido)

Numero minimo dei partecipanti 4