

CORSI A ROTAZIONE NOVEMBRE

LUNEDÌ 1

ENZA - sala 1

11:00 STEP

12:00 BODY PUMP

SABATO 6

FABIO - sala 1

11:00 TOTAL BODY

12:00 GAMBE E
GLUTEI

12:30 ABD WORK

DOMENICA 7

GIUSEPPE - sala 1

11:00 SPARTAN-FIT

12:00 GAG

SABATO 13

ALBERTO - sala 2

09:30 INDOOR CYCLING

CHIARA - sala 1

11:00 TOTAL BODY

12:00 GAMBE E GLUTEI

12:30 ABD WORK

DOMENICA 14

GIULIA - sala 1

11:00 TABATA

12:00 GAG

SABATO 20

ALBERTO - sala 2

09:30 INDOOR CYCLING

PAOLO - sala 1

11:00 TOTAL BODY

12:00 GAMBE E GLUTEI

12:30 ABD WORK

DOMENICA 21

GIUSEPPE - sala 1

11:00 SPARTAN-FIT

12:00 MAT-PILATES

SABATO 27

FABIO - sala 1

11:00 TOTAL BODY

12:00 GAMBE E
GLUTEI

12:30 ABD WORK

DOMENICA 28

ALESSIO - sala 1

11:00 H.I.I.T

12:00 GAG