

ORARIO	SALA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07:45	B		Morning Training		Morning Training		
09:00	B	Total Body		A.C.G		Athletic Gym	
10:30	B	Pilates		Pilates		Pilates	
11:00	B						Fitness Express

13:30	A	Posturale		Pilates		Posturale	
13:30	B	Total Body	Ginnastica a corpo libero	Total Body	GarudaMatwork	Step	
13:30	C	Pre Pugilistica	Functional Training	Functional Training	Functional Training	Pre Pugilistica	

16:00	B						Functional Training
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16:00	B		Danza Moderna 11-14*		Danza Moderna 11-14*			<p>Lunedì - Venerdì dalle 7:00 alle 22:00 Sabato dalle 10:00 alle 18:00 Via Ruffini 2 Tel. 063217767 info@palestrapushup.com www.palestrapushup.com</p>
17:00	A		Danza Moderna 7-10*	Hip Hop 6-10*	Danza Moderna 7-10*			
17:00	C	Hip Hop 6-10*	Karate 6-10*		Karate 6-10*			
17:00	B	Total Body	Stretch Yoga Postural	Total Body	Stretch Yoga Postural	Total Body		
18:00	A	GarudaMatwork		Hip Hop adulti*				
18:00	B	TotalBodyWorkout	Posturale	TotalBodyWorkout	Posturale	TotalBodyWorkout		
18:00	C	Hip Hop adulti*	Karate 10-14*		Karate 10-14*			
19:00	A	Gym Health		Gym Health		Gym Health		
19:00	B	Total Body	TotalBodyWorkout	Step	TotalBodyWorkout	Total Body		
19:00	C	Pre-Boxe Functional	Karate 14-18*	Pre-Boxe Functional	Karate 14-18*			
20:00	B	Total Body	SALSA*	Total Body		Yoga		
20:00	C		Karate Adulti		Karate Adulti			

LEZIONI

OLISTICHE	FUNZIONALI	AEROBICHE	EXTRA
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Seguici su:   