



## Push Up Società Sportiva Dilettantistica s.r.l

### ORARIO LEZIONI 2021/2022



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	
15:00	B			Circuito Funzionale Open		Circuito Funzionale Open	
16:00	B		Danza Moderna 11-14*		Danza Moderna 11-14*		
17:00	A		Danza Moderna 7-10*		Danza Moderna 7-10*		
17:00	C		Karate 6-10*		Karate 6-10*		
17:00	B	Total Body	Stretch Yoga Postural	Total Body	Stretch Yoga Postural	Total Body	<b>Lunedì – Venerdì dalle 7:00 alle 22:00</b> <b>Sabato dalle 10:00 alle 18:00</b> <b>Via Ruffini 2</b> <b>Tel. 063217767</b> <b>info@palestrapushup.com</b> <b>www.palestrapushup.com</b>
18:00	A	GarudaMatwork					
18:00	B	TotalBodyWorkout	Posturale	TotalBodyWorkout	Posturale	TotalBodyWorkout	
18:00	C		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	Functional Training	Abdominal Thighs Glutes	
20:00	C		Karate Adulti		Karate Adulti		

**LEZIONI**

OLISTICHE	FUNZIONALI	AEROBICHE	EXTRA
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