



Push Up Società Sportiva Dilettantistica s.r.l

ORARIO LEZIONI 2022/2023



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		A.C.G	Posturale	
13:30	B	Total Body	Ginnastica a corpo libero	Total Body	GarudaMatwork	Step	
13:30	C	Pre Pugilistica		Pre Pugilistica		Pre Pugilistica	
16:00	B						Functional Training

17:00	C	Danza Classica 4-6	Karate 6-10*	Danza Classica 4-6	Karate 6-10*		<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	B	Total Cardio+weights	Stretch Yoga Postural	Step	Ginnastica a corpo libero	Total Cardio+weights	
18:00	A	GarudaMatwork					
18:00	B	Step	Posturale	Total Cardio+weights	Posturale	Pilates	
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-Pugilistica	Karate 14-18*	Pre-Pugilistica	Karate 14-18*	Pre-Pugilistica	
20:00	B	Total Body		Total Body		Abdominal Thighs Glutes	
20:00	C	Functional Training	Karate Adulti	Functional Training	Karate Adulti	Functional Training	

LEZIONI

OLISTICHE	FUNZIONALI	AEROBICHE	EXTRA
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Seguici su:

