

ORARIO	SALA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07:45	B		Morning Training (45')		Morning Training (45')		
09:00	B	Circuit Training	Pilates	Aerobic Circuit	Pilates	Circuit Training	
10:30	B	Pilates		Pilates		Pilates	
11:00	B						Supercardio Choreography

13:30	A	Posturale	Ginnastica a corpo libero		GarudaMatwork	Posturale	
13:30	B	Total Body (45')	Booty Zone	Pilates (45')	Up Zone	G.A.G (45')	
14:15	B	Pilates (45')		Tone Up (45')		Pilates (45')	
13:30	C	Pre Pugilistica		Pre Pugilistica		Pre Pugilistica	

16:00	B						Functional Training
16:00	A		Teen (11-13)*		Teen (11-13)*		
17:00	A	Gioco Danza (3-5)*	Kids (6-7)*		Kids (6-7)*		
17:00	C		Karate (6-10)*		Karate (6-10)*		
17:00	B	Total Cardio+weights	Stretch Yoga Postural	Suspension Training	Ginnastica a corpo libero	Total Cardio+weights	
18:00	A	GarudaMatwork	Young (8-10)*		Young (8-10)*		
18:00	B	Step	Posturale	Total Cardio+weights	Posturale	Pilates	
18:00	C		Karate (10-14)*		Karate (10-14)*		
19:00	A	Circuit Training	Youth (14+)	Circuit Training	Youth (14+)	Circuit Training	
19:00	B	Gym Health	TotalBodyWorkout	Gym Health	TotalBodyWorkout	Gym Health	
19:00	C	Pre-Pugilistica	Karate (14-18)*	Pre Pugilistica	Karate (14-18)*	Pre-Pugilistica	
20:00	A	Danza Contemporanea*			Danza Contemporanea*		
20:00	C	Power Fitness		Power Fitness		Power Fitness	
20:00	B	Functional Training	Karate Adulti*	Functional Training	Karate Adulti*	Functional Training	

Lunedì – Venerdì
dalle 7:00 alle 22:00
Sabato
dalle 10:00 alle 18:00
Via Ruffini 2
Tel. 063217767
pushupcentrofitness@gmail.com
www.palestrapushup.com

LEZIONI

OLISTICHE	FUNZIONALI	CARDIO TONICHE	EXTRA*
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Seguici su:   

