GYM UP CITY

TO FIT S.S.D. a R.L
SOCIETA' SPORTIVA
DILETTANTISTICA

ORARIO CORSI dal 10 settembre

	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDI'
SALA	SALA	SALA	SALA	SALA	SALA	SALA	SALA	SALA	SALA
9,00-10,00 TONO & STRETCH Cristina		9,15- 10,15 PILATES BASE Monia	9,00-10,00 POSTURAL & TONE Matilde	9,00-10,00 TONO & STRETCH Cristina		9,15- 10,15 PILATES BASE Monia	9,00-10,00 POSTURAL & TONE Matilde	9,00-10,00 TONO & STRETCH Cristina	
	13,15-14,15 PUMP			13,20-14,20 PILATES Matilde					13,20-14,20 PILATES Angela
18,30-19,15 TOTAL BODY	18,45-19,30 PURE WALKING P Paolo	18,30-19,30 PILATES & TONE Matilde	18,30-19,15 FUNCTIONAL TRAINING Chiara	18,30-19,15 TOTAL BODY	18,45-19,30 WALKING P Anna	18,30-19,30 PILATES & TONE Matilde	18,30-19,15 WALKING P Daria		
19,30-20,30 PUMP Paolo		19,30-20,15 TONE G.A.G & STRETCH Matilde	19,30-20,15 WALKING P Cristina	19,30-20,30 PUMP Paolo	19,30-20,15 G.A.G & STRETCH P Anna	19,30-20,15 TONE G.A.G & STRETCH Matilde	19,30-20,15 FUNCTIONAL TRAINING Daria		19,30-20,15 WALKING P Silvia
20,30-21,30 FUNCTIONAL TRAINING Dimitri									