

A.S.D. centro palestre



CLASS SCHEDULE

TIME	LUNEDÌ/MONDAY	MARTEDÌ/TUESDAY	MERCOLEDÌ/WEDNESDAY	GIOVEDÌ/THURSDAY	VENERDÌ/FRIDAY
13:30	FUNCTIONAL TRAINING	SPINNING MILITARY WORKOUT	FUNCTIONAL TRAINING	SPINNING MILITARY WORKOUT	FUNCTIONAL TRAINING
14:30	KICK BOXING	KICK BOXING			KICK BOXING
18.00	FIT PILATES		FIT PILATES		FIT PILATES
18:50	TOTAL BODY	FUNCTIONAL TRAINING	TOTAL BODY	FUNCTIONAL TRAINING	TOTAL BODY
19:40	FUNCTIONAL TRAINING	FULL BODY WORKOUT	FUNCTIONAL TRAINING	FULL BODY WORKOUT	FUNCTIONAL TRAINING

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00					
09:00					
10:00					
11:00					
12:00					
13:00					
NOTES:					