

## PLANNING CORSI FITNESS

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8,00 9,00						
9,00 10,00						
10,00 11,00						
11,00 12,00						
13,00 14,00	FIT-BOXE (Paolo)	GAG FUNCTIONAL TRAINING (Valerio)		GAG FUNCTIONAL TRAINING (Valerio)	FIT-BOXE (Paolo)	
14,00 15,00						
15,00 16,00						
16,00 17,00						
17,00 18,00						
18,00 19,00	<b>PILATES</b>	<b>KICK BOXING</b> (junior)	<b>DIFESA PERSONALE</b>	<b>KICK BOXING</b> (junior)	<b>PILATES</b>	
19,00 20,00	<b>FUNCTIONAL CROSS-TRAINING</b> (valerio)	<b>KICK BOXING</b> (senior)	<b>FUNCTIONAL CROSS-TRAINING</b> (valerio)	<b>KICK BOXING</b> (senior)	<b>FUNCTIONAL CROSS-TRAINING</b> (valerio)	
20,00 21,00	<b>SALSA E BACHATA</b> (Angelo)	<b>ZUMBA fitness</b> (Maddy)	<b>DANZA DEL VENTRE</b>	<b>ZUMBA fitness</b> (Maddy)		
21,00 22,00						



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