

CALENDARIO CORSI



LUN	MAR	MER	GIO	VEN	
 Jump 11.00 18.00	 TRX 09.00 19.10	 Bosu Funz 09.00	 Bodyfly 09.30 18.00	 Matwork 09.00	 Stretching 13.00
 TRX 13.00	 Bosu Funz 13.00	 TRX 13.00	 Circuito 13.00 18.00 19.15	 DIT 17.50	 TRX 18.30
 Circuito 19.10	 Matwork 13.00 18.00	 Cardio Bosu 18.00	 Matwork 19.05	SAB  Matwork 09.30	
	 Stretching 18.00	 Jump 19.10			

Prova gratuita per i nostri corsi



Laura
347 8719662

Boris
349 7160415