

CALENDARIO CORSI

VALIDO DAL 03 SETTEMBRE 2018 AL 31 LUGLIO 2019

LUNEDI

08:30 Circuit Training
09:30 Walking Program
13:30 Walking Program
14:00 Pilates
16:00 Fitness Group
17:00 Baby Functional
18:00 Fitness Group
19:00 Walking Program
20:00 Training Funzionale

GIOVEDI

09:30 Fitness Group
10:30 Ginnastica Posturale
13:30 Walking Program
15:00 Ginnastica Posturale
16:30 Pilates
17:30 Walking Program
18:30 Training Funzionale
19:30 High-Intensity Interval Training (HIIT)
20:30 Walking Program

MARTEDI

09:30 Fitness Group
10:30 Ginnastica Posturale
13:30 Fitness Group
15:00 Ginnastica Posturale
16:30 Pilates
17:30 Walking Program
18:30 Training Funzionale
19:30 High-Intensity Interval Training (HIIT)
20:30 Walking Program

VENERDI

08:30 Circuit Training
09:30 Walking Program
13:30 Fitness Group
16:00 Fitness Group
17:00 Baby Functional
18:00 Fitness Group
19:00 Walking Program
20:00 Training Funzionale

MERCOLEDI

08:30 Circuit Training
09:30 Walking Program
14:00 Pilates
16:00 Fitness Group
17:00 Baby Functional
18:00 Fitness Group
19:00 Walking Program
20:00 Training Funzionale

SABATO

10:30 Ginnastica Posturale
11:30 Walking Program

*** ATTIVITA' IN VIGORE NEL MESE DI AGOSTO
STOP ATTIVITA' DAL 10 AL 18 AGOSTO**

La Palestra NumberOne si trova in Via luigi Pasteur 3 Anguillara Sabazia 06 999 00 740