

NATI PER MUOVERSI

DAL 20 GENNAIO 2025

CORSI FITNESS

GINNASTICA PER TUTTI COD. 115

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
10	<small>LESWILLS</small> BODYBALANCE	FLEX & TONE	<small>NEW</small> TRXSLOWFIT	FLEX & CORE	<small>LESWILLS</small> Strength Development
11	---	---	---	---	---
13 ⁴⁵	<small>LESWILLS</small> BODYATTACK	<small>LESWILLS</small> Strength Development	<small>LESWILLS</small> BODYPUMP	<small>LESWILLS</small> BODYBALANCE	FUNCTIONAL TR.
17	---	---	---	---	---
18	<small>LESWILLS</small> BODYBALANCE	---	---	---	<small>LESWILLS</small> Strength Development
19	JUMP	TRXFUSION	<small>LESWILLS</small> BODYBALANCE	KETTLEBELL CONDITIONING	JUMP
20	<small>LESWILLS</small> BODYPUMP	FUNCTIONAL TR.	<small>LESWILLS</small> BODYATTACK	FUNCTIONAL TR.	<small>LESWILLS</small> BODYATTACK
21	INTENSIVE GAG	---	<small>LESWILLS</small> BODYPUMP	---	---

GROUP CYCLING LUNEDI - MERCOLEDI - VENERDI ORE 19:00 - 20:00 ♦ MARTEDI - GIOVEDI - SABATO ORE 14:00

