ORARIO CORSI

DREAM Fitness Club FIT & FIGHT

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
8						
8,30						
9						
9,30						
10						
10,30	CROSS TRAINING	BOXE 1	CROSS TRAINING	BOXE 2	CROSS TRAINING	BOXE 1 - 2
11						
11,30						
12						
12,30						
13	CIRCUITO ADD.	BOXE 2	CIRCUITO ADD.	BOXE 2	CIRCUITO ADD.	
13,30	G.A.G.		G.A.G.		G.A.G.	
14						
14,30						
15						
15,30						
16						
16,30						
17	BOXE JUNIOR		BOXE JUNIOR			
17,30						
18	ZUMBA	KARDIO KOMBAT	ZUMBA	KARDIO KOMBAT	ZUMBA	
18,30						
19	BOXE 3	KRAV MAGA	BOXE 3	BOXE 3	KRAV MAGA	
19,30						
20		PILATES		PILATES		
20,30	BOXE 4		BOXE 4		BOXE 4	
21		POLE GYM		POLE GYM		
21,30						
22						