

# I NOSTRI CORSI - 4FIT

dal 19 OTTOBRE 2020

INFO- PRENOTAZIONI 0854159484 [www.fourfit.it](http://www.fourfit.it)

		09.00-10.00 POSTURAL D.	10.15-11.00 P.P.C.T.		13.30-14.15 C.A.T.			17.45-18.30 P.P.C.T.	18.45- 19.30 D.A.T.	19.45- 20.30 STEP	
LUNEDI'	Sala Musicale										
	Sala Energy				11,00-11,45 FIT BOXE				18.40-19.25 C.A.T.	19.35 -20.20 AEROBOX	20.30-21.15 FIT BOXE
	Sala CYCLING				13.30-14.20 CYCLING				18.30-19.20 CYCLING	19.35-20.25 CYCLING	
	Sala New Age	09.00-10.00 MEDICAL		10,15-11,15 FISIOPOSTURAL	13.30-14.15 PILATES			17.30-18,15 PILATESTRETCH	18.20 -19.20 POSTURAL	19.30- 20,15 PILATES	20.30- 21.15 OVAL FIT
	Sala Kids		09.15-10.00 WALKING					17.30-18.15 WALKING			
	Sala Functional				13.30-14.30 FUNCTIONAL				18.30-19.30 FUNCTIONAL		
MARTEDI'	Sala Musicale			10.15-11.00 C.A.T.		13.30-14.15 GAG F.C.		17.45-18.30 D.A.T.	18.45- 19.30 GAG F.C.	19.45- 20.30 BMFIT SEQUENCE	
	Sala Energy								18.15-19.00 FIT BOXE	19.10-19.55 CROSSKICK	20.10-21.10 POSTURAL D.
	Sala CYCLING					13.30-14.20 CYCLING			18.30-19.20 CYCLING		
	Sala New Age	09.00-09.45 PILATES & M.TRAINING		10.15-11.15 POSTURAL		13.30-14.15 PILATES TONIC			18.00-18.45 DY. STRETCH	19.15-20.00 PILATESTRETCH	
	Sala Kids										
	Sala Functional								18.30-19.30 FUNCTIONAL		
MERCOLEDI'	Sala Musicale			10.15-11.00 D.A.T.		13.30-14.15 D.A.T.		18.00-18.45 GAG F.C.	19.00-19.45 TONE DOWN UP		
	Sala Energy				11,00-11,45 FIT BOXE					19.30-20.15 AEROBOX	20.30-21.15 FIT BOXE
	Sala CYCLING								18.30-19.20 CYCLING	19.35-20.25 CYCLING	
	Sala New Age	09.00-10.00 MEDICAL		10,15-11,15 POSTURALSTRETCH		13.30-14.15 PILATES		17.30-18,15 PILATESTRETCH	18.20 -19.20 POSTURAL	19.30- 20,15 PILATES	20.30 - 21.15 OVAL FIT
	Sala Kids		09.15-10.00 WALKING						18,30 - 19,15 WALKING	19.45- 20.30 W. C.T.	
	Sala Functional					13.30-14.30 FUNCTIONAL			18.30-19.30 FUNCTIONAL		
GIOVEDI'	Sala Musicale			10.15 -11.00 P.P.C.T.		13.30-14.15 C.T.		17.45-18.30 C.A.T	18.45- 19.30 GAG F.C.	19.45- 20.30 C.A.T	
	Sala Energy								18.15-19.00 FIT BOXE	19.10-19.55 CROSSKICK	20.10-21.10 POSTURAL D.
	Sala CYCLING								18.30-19.20 CYCLING	19.35-20.25 CYCLING	
	Sala New Age	09.00-09.45 PILATES & M.TRAINING		10.15-11.15 FISIOPOSTURAL		13.30-14.15 PILATES TONIC			18.00-18.45 DY. STRETCH	19.15-20.00 PILATESTRETCH	
	Sala Kids							17.30-18.15 WALKING			
	Sala Functional								18.30-19.30 FUNCTIONAL		
VENERDI'	Sala Musicale	09.00-10.00 POSTURAL D.		10.15-11.00 GAG F.C.		13.30-14.15 GAG F.C.		17.45-18.30 P.P.C.T.	18.45- 19.30 D.A.T.	19.45- 20.30 STEP	
	Sala Energy				11,00-11,45 FIT BOXE					19.30-20.15 AEROBOX	20.30-21.15 FIT BOXE
	Sala CYCLING								18.30-19.20 CYCLING	19.35-20.25 CYCLING	
	Sala New Age			10,00-11,00 POSTURAL				17.30-18,15 PILATESTRETCH	18.20 -19.20 POSTURAL		
	Sala Kids					13,30-14,15 WALKING				19.00-19.45 W. C.T.	
	Sala Functional										
SABATO	Sala Kids			10.00-10.45 WALKING	11.00-11.45 WALKING	13,30-14,15 WALKING					
	Sala New Age			10.00-10.45 PILATES							
	Sala CYCLING			10.00-10.50 CYCLING	11.05-11.55 CYCLING						
DOM.	Sala Kids			10.30-11.15 WALKING							
	Sala CYCLING		10.00-10.50 CYCLING								

ORARIO APERTURA: Lun-Ven: 07.00-23.00; Sab: 09.00-19.00; Dom: 08.00-13.30.

Tutte le lezioni devono essere prenotate tramite APP-PALESTRE. Il numero per l'attivazione dei corsi è di 5 persone.