

## I NOSTRI CORSI - 4FIT

## AUTUNNO 2021

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

LUNEDI'	Sala Musicale		10.00-10.45 marina SYSTEM TRAINING		13.30-14.15 SYSTEM TRAINING			17.45-18.30 BODY C.T.salvatore	18.45-19.30 FUNCTIONAL STEP matteo	19.45-20.30 AEROBOX davide	
	Sala Energy										
	Sala CYCLING				13.30-14.20 CYCLING claudio				18.30-19.20 CYCLING moreno	19.35-20.25 CYCLING claudio	
	Sala New Age		10.15-11.15 sergio POSTURAL		13.30-14.15 PILATES TRAINING linda		17.30-18.15 PILATESTRETCH	18.20-19.20 FISIOPOSTURAL marco	19.45-20.30 PILATES linda		
	Sala Kids	9.00-9.45 WALKING marina									
Sala Functional											
MARTEDI'	Sala Musicale	09.00-10.00 MED FIT	10.00-10.45 C.A.T..salvatore		13.30-14.15 GAG F.C.salvatore				18.00-18.45 TABATA C. salvatore	19.00-19.45 SYSTEM TRAINING andrea	20.00-20.45 STEP andrea
	Sala Energy								18.30-19.15 WALKING C.T. matteo		
	Sala CYCLING				13.30-14.20 CYCLING claudio				18.30-19.20 CYCLING nunzia	19.35-20.25 CYCLING nunzia	
	Sala New Age	09.00-09.45 linda YOGA PILATES	10.15-11.15 POSTURAL lorenza							19.00-19.45 PILATESTRETCH	20.00-21.00 POSTURAL D.
	Sala Kids										
Sala Functional											
MERCOLEDI'	Sala Musicale		10.00-10.45 marina SYSTEM TRAINING		13.30-14.15 METABOLIC TRAINING matteo			17.45-18.30 GAG F.C.salvatore	18.45-19.30 C.A..T.salvatore	19.45-20.30 AEROBOX davide	
	Sala Energy										
	Sala CYCLING								18.45-19.35 CYCLING moreno	20.00-20.50 CYCLING francesco	
	Sala New Age	09.00-10.00 MEDICAL marco	10.15-11.15 marco FISIOPOSTURAL		13.30-14.15 PILATES TRAINING linda		17.30-18.15 PILATESTRETCH	18.20-19.20 POSTURAL sergio	19.30-20.15 YOGA PILATES linda		
	Sala Kids	9.00-9.45 WALKING marina									
Sala Functional											
GIOVEDI'	Sala Musicale	09.00-10.00 MED FIT	10.00-10.45 BODY C.T.salvatore						18.00-18.45 TABATA C.T. salvatore	19.00-19.45 SYSTEM TRAINING andrea	20.00-20.45 STEP andrea
	Sala Energy				13.30-14.15 W C.T.salvatore				18.30-19.15 WALKING C.T. matteo		
	Sala CYCLING				13.30-14.20 CYCLING gianluca				18.30-19.20 CYCLING nunzia	19.35-20.25 CYCLING claudio	
	Sala New Age	09.00-09.45 linda YOGA PILATES	10.15-11.15 POSTURAL lorenza							19.00-19.45 PILATESTRETCH	20.00-21.00 POSTURAL D.
	Sala Kids										
Sala Functional											
VENERDI'	Sala Musicale		10.00-10.45 METABOLIC TRAINING matteo					17.45-18.30 BODY C.T.salvatore	18.45-19.30 METABOLIC TRAINING matteo	19.45-20.30 AEROBOX davide	
	Sala Energy										
	Sala CYCLING								18.30-19.20 CYCLING moreno	19.35-20.25 CYCLING moreno	
	Sala New Age	09.00-10.00 MEDICAL marco	10.15-11.15 sergio POSTURAL		13.30-14.15 PILATES TRAINING linda		17.30-18.15 PILATESTRETCHgian luca	18.20-19.20 FISIOPOSTURAL marco	19.30-20.15 YOGA PILATES linda		
	Sala Kids										
Sala Functional											
SABATO	Sala Energy										
	Sala New Age	9.45-10.30 PILATES									
DOM.	Sala CYCLING		10.00-10.50 CYCLING		11.05-11.55 CYCLING						
	Sala Kids										
Sala CYCLING		10.00-10.50 CYCLING									

ORARIO APERTURA: Lun-Ven: 07.00-22.30; Sab: 08:00-19:00; Dom: 08.00-13.00.

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











































