

## 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 SYSTEM TRAINING	18.45-19.30 FUNCTIONAL STEP	19.45-20.30 AEROBOX davide	
	Sala Energy	9.00-9.45 WALKING marina								
	Sala CYCLING				13.30-14.20 CYCLING claudio			18.30-19.20 CYCLING moreno	19.35-20.25 CYCLING claudio	
	Sala New Age	9.00-10.00 sergio POSTURAL FIT	10.15-11.15 sergio POSTURAL FIT		13.30-14.15 PILATES TRAINING linda		17.30-18.15 PILATESTRETCH	18.20 -19.20 FISIOPOSTURAL		
	Sala Kids									
Sala Functional										
MARTEDI'	Sala Musicale		10.00-10.45 BODY C.T.		13.30-14.15 GAG F.C.salvatore			18.00-18.45 TABATA C.	19.00-19.45 SYSTEM TRAINING	20.00-20.45 STEP andrea
	Sala Energy							18.15-19.00 WALKING C.T. matteo	19.05-20.05 POSTURAL marco	20.10-21.10 POSTURAL D.
	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	
	Sala Kids									
Sala Functional										
MERCOLEDI'	Sala Musicale		10.00-10.45 marina PUMPEVOLUTION		13.30-14.15 METABOLIC TRAINING matteo		17.45-18.30 SYSTEM TRAINING	18.45-19.30 BODY C.T.salvatore	19.45-20.30 AEROBOX davide	
	Sala Energy	9.00-9.45 WALKING marina						18.30-19.15 FIT BOXE		
	Sala CYCLING							18.45-19.35 CYCLING moreno	20.00-20.50 CYCLING francesco	
	Sala New Age	09.00-10.00 marco FISIOPOSTURAL	10.15-11.15 marco FISIOPOSTURAL		13.30-14.15 PILATES TRAINING linda		17.00-17.45 PILATESTRETCH	18.20 -19.20 POSTURAL FIT sergio	19.30- 20.15 YOGA PILATES linda	
	Sala Kids									
Sala Functional										
GIOVEDI'	Sala Musicale		10.00-10.45 salvo SYSTEM TRAINING					18.00-18.45 GAG F.C.salvatore	19.00-19.45 SYSTEM TRAINING andrea	20.00-20.45 STEP andrea
	Sala Energy			11.00-11.45 FIT BOXE	13.30-14.15 W C.T.salvatore			18.15-19.00 WALKING C.T. matteo	19.05-20.05 POSTURALFIT sergio	20.10-21.10 POSTURAL D.
	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	
	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								19.35-20.25 CYCLINGmoreno	
	Sala New Age	09.00-10.00 POSTURAL FIT	10.15-11.15 sergio POSTURAL FIT		13.30-14.15 PILATES TRAINING linda		17.30-18.15 PILATESTRETCHgianluca	18.20 -19.20 FISIOPOSTURAL marco	19.30- 20.15 YOGA PILATES linda	
	Sala Kids									
Sala Functional										
SABATO	Sala Energy									
	Sala Musicale	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.