

I NOSTRI CORSI - 4FIT

OTTOBRE 2022

INFO- PRENOTAZIONI 0854159484 www.fourfit.it

LUNEDI'	Sala Musicale	9.00-9.45 WALKING marina	10.00-10.45 marina PUMPEVOLUTION		13.30-14.15 PUMPEVOLUTION marina		17.45-18.30 SYSTEM TRAININGsalvo	18.45-19.30 FUNCTIONAL STEP matteo	19.45-20.30 AEROBOX davide		DOMENICA
	Sala NewEnergy					16:00-16:45 Fitness Estetico Fede.					Sala musicale
	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 marco POSTURAL FIT	10.05-11.05 marco POSTURAL FIT				17.30-18.15 PILATESTRETCHgianluca	18.20-19.20 FISIOPOSTURAL marco	19.30-20.15 PILATES gianluca		Sala new energy
MARTEDI'	Sala Musicale		10.00-10.45 BODY C.T.salvatore		13.30-14.15 GAG F.C.salvatore		17:15 -18:00 PILOXJNG.	18.15-19:00 SAMBA FIT	19.15-20:00 K&T H. ENERGYandrea	20:15-21:00 STEP Andea	Sala cycling
	Sala NewEnergy					15:00-15:45 Technique Training		18.00-18.45 FUNCTIONALT. Lehel	19.30-20:15 FUNCTIONALT. Lehel		10:00-11:00
	Sala CYCLING							18.45-19.25 CYCLING nunzia			Sala new age
	Sala New Age	09.00-09.45 slawec PILATES DYNAMIC	10.15-11.15 seraio POSTURAL		13.30-14.15 PILATES SILVIA				19.00-19.45 OVALBALL PILATES SILVIA	20.10-21.10 POSTURAL D.	
MERCOLEDI'	Sala Musicale		10.00-10.45 marina SYSTEM TRAINING		13.30-14.15 TOTAL BODY Martina		17.45-18.30 GAG F.C.salvatore	18.45-19.30 WALKING BODY C.T.salvatore	19.45-20.30 AEROBOX davide		
	Sala NewEnergy	9.00-9.45 WALKING marina		12:00-12:45 Resistenza - cardiovascolare	13.30-14.15 FUNCTIONALT. matteo						
	Sala CYCLING				13.30-14.20 CYCLING cla./gian			18.45-19.35 CYCLING moreno			
	Sala New Age	09.00-10.00 marco FISIOPOSTURAL	10.05-11.05 marco FISIOPOSTURAL				17.30-18.15 PILATESTRETCHgianluca	18.20-19.20 POSTURAL FIT sergio	19.30-20:15 PILATES gianluca		
GIOVEDI'	Sala Musicale		10.00-10.45 enlon BODYWEIGHT TONE salvatore.				17:15 -18:00 PILOXJNG.	18.15-19:00 SAMBA FIT	19.15-20:00 K&T H. ENERGYandrea		
	Sala NewEnergy		10:15-11:00 FUNCTIONAL T. matteo		13.30-14.15 W C.T.salvatore	16:00-16:45 intro all'allenamento		18.00-18.45 FUNCTIONALT. Matteo	19.30-20.15 FUNCTIONALT. Matteo		
	Sala CYCLING							18.30-19.20 CYCLING nunzia	19.35-20.25 CYCLING claudio		
	Sala New Age	09.00-09.45 slawec PILATES DYNAMIC	10.15-11.15 seraio POSTURAL		13.30-14.15 PILATES SILVIA				19.00-19.45 OVALBALL PILATES SILVIA	20.10-21.10 POSTURAL D.	
VENERDI'	Sala Musicale		10.00-10.45 METABOLIC TRAINING matteo		13.30-14.15 GAG Martina		17.45-18.30 BODY C.T. salvatore	18:45-19:30 G.A.G. Cinzia	19.45-20.30 AEROBOX davide		
	Sala NewEnergy						16:30-17:15 PowerLifting Andrea F.				
	Sala CYCLING								19.35-20.25 CYCLING moreno		
	Sala New Age	09.00-10.00 marco POSTURAL FIT						18.20-19.20 FISIOPOSTURAL marco			
SABATO	Sala Musicale	9.15-10.00 PILATES EVOLUTION									
	Sala NewEnergy										
	Sala CYCLING		10.00-10.50 CYCLING								
	Sala New Age										

-Mer-Ven: 06.30-23.00; Mar-Gio 07.00-23.00 Sab: 08:00-19:00; Domenica 08:00-13:00

Essere prenotate tramite APP-PALESTRE. Il numero minimo per l'attivazione dei corsi è di 5 persone.PS Functional Training-Mini Class (caselle bianche) corsi a pagamento

MINI CLASS

