









Orari provvisori Corsi 2021/2022




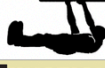




	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
10:00-11:00	Circuit		Circuit		Circuit	
11:30-12:30		 POWER YOGA		 POWER YOGA		
12:45 - 13:30	TotalBody TRAINING	SPARTAN FUNCTIONAL TRAINING	TotalBody TRAINING	SPARTAN FUNCTIONAL TRAINING	TotalBody TRAINING	
15:30 - 17:00						
17:00-18:00	Circuit		Circuit		Circuit	
18:00-19:00	CALISTHENICS 	SPARTAN FUNCTIONAL TRAINING	CALISTHENICS 	SPARTAN FUNCTIONAL TRAINING	CALISTHENICS 	
19:00-20:00	FUNCTIONAL Training	TotalBody TRAINING	FUNCTIONAL Training	G.A.G.	FUNCTIONAL Training	
20:00-21:00	SPARTAN FUNCTIONAL TRAINING	PILATES	SPARTAN FUNCTIONAL TRAINING	PILATES	SPARTAN FUNCTIONAL TRAINING	
21:00-21:45	BAR BELL TRAINING 		BAR BELL TRAINING 		BAR BELL TRAINING 	
Tutti i Corsi sono su prenotazioni:	APP BZONE FITNESS					IN GIALLO: CORSI FITNESS



VIA MAGENTA 8 - PAVIA

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20:00-21:00	SPARTAN FUNCTIONAL TRAINING	PILATES	SPARTAN FUNCTIONAL TRAINING	PILATES	SPARTAN FUNCTIONAL TRAINING	
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