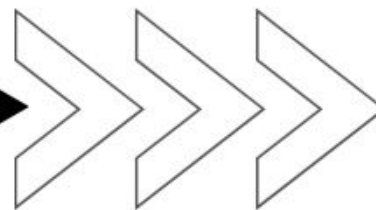


ORARI CORSI 2022/23



B:ZONE
Fitness

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
10:30 - 11:30	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)	
12:45 - 13:30	HIIT	SPARTAN TRAINING	TONE UP	SPARTAN TRAINING		
17:00 - 18:00	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)	
18:00 - 19:00	TRX	SPARTAN TRAINING	TRX	SPARTAN TRAINING	G.A.G.	
19:00 - 20:00	FUNCTIONAL TRAINING	TONE UP	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING	
20:00 - 21:00	SPARTAN TRAINING	KICK BOXING	SPARTAN TRAINING	KICK BOXING	TECHNIQUE SPARTAN TRAINING	

VIA MAGENTA 8 - PAVIA

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