

Planning settimanale corsi Palestra Cross Fighters

	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
9:30		STEP		STEP		PILATES
10:30		PILATES		PILATES		WALKING
10:30						TRX CROSS
11:30						CROSS FIGHTERS
13:00	WALKING	FUNCTIONAL STEP	CROSS FIGHTERS	PILATES	WALKING	
17:30	PILATES		PILATES	FUNCTIONAL STEP		
17:30	BIMBI GIOCO SPORT			BIMBI GIOCO SPORT		
18:30	STEP	FIT BOXE	CIRCUIT TRAINING	STEP	FIT BOXE	
18:30	TRX CROSS					
19:30	#SPINNING#	WALKING	WALKING	#SPINNING#	WALKING	
19:30	KRAV MAGA/KICK	BJJ/MMA	TRX CROSS	KRAV MAGA/KICK	TRX CROSS	
19:30	GRAPPLING/MMA		WRESTLING FOR MMA	BJJ/MMA	MMA	
20:30					PILATES	
20:30	KRAV MAGA/KICK	CROSS FIGHTERS	PILATES	KRAV MAGA/KICK	CROSS FIGHTERS	
20:30	GRAPPLING/MMA	BJJ/MMA	WRESTLING FOR MMA	BJJ/MMA	STRIKING/MMA	

#DA DEFINIRE LA PARTENZA

ORARIO APERTURA PALESTRA TEL. 392 5376078 – 338 9949390

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
	9:00 / 14:30		9:00 / 14:30		9:00 / 13:00
12:30 / 14:30		12:30 / 14:30		12:30 / 14:30	
17:00 / 22:00	17:00 / 22:00	17:00 / 22:00	17:00 / 22:00	17:00 / 22:00	