

PALINSESTO FITNESS **PONTE SAN GIOVANNI**

in vigore dal 17/02/25

LUNEDÌ

AREA FITNESS

PILATES
10:30

TABATA
13:30

TOTAL TONE
18:30

GAG
19:15

MARTEDÌ

AREA FITNESS

WALKING
13:30

PILATES TONE
17:40

PILATES
18:30

PUMP
19:30

MERCOLEDÌ

AREA FITNESS

PILATES TONE
10:30

PUMP
13:30

FIT BOXE
18:30

PILATES TONE
19:30

GIOVEDÌ

AREA FITNESS

WALKING TONE
13:30

PILATES TONE
17:40

PILATES
18:30

GROUP FUNCTIONAL
19:30

VENERDÌ

AREA FITNESS

PILATES
10:30

FIT BOXE
13:30

TOTAL TONE
18:30

GAG
19:15



TONIFICAZIONE



CARDIO



FUNZIONALE



OLISTICO

PONTE SAN GIOVANNI (PG)
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