

ORARIO DISCIPLINE ADULTI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDÌ	VENERDÌ
--------	---------	-----------	---------	---------

09-11	 9,30-10,30 TONIFICAZIONE		 9,30-10,30 TONIFICAZIONE	
	 10,35-11,35 pilates		 10,35-11,35 pilates	
12,45-13,45	 pilates	 BRUCIA GRASSI TOTAL BODY	 pilates	 BRUCIA GRASSI TOTAL BODY
18-19			 BRUCIA GRASSI TOTAL BODY	 18,30-19,30 AERIAL HOOP
19-20	 19,15-20,00 STEP +G.A.G.	 19,00-19,45 pilates	 POLE DANCE	 19,00-19,45 pilates
	 AERIAL HOOP		 19,15-20,15 ZUMBA +G.A.G.	 19,15-20,00 STEP +G.A.G.
			 19,30-20,30 YOGA	
				 19,30-20,30 POLE DANCE
20-21	 20,00-21,30 BOXE	 20,00-21,30 BOXE & KICK	 20,00-21,30 BOXE	 20,00-21,30 BOXE & KICK
	 AERIAL HOOP	 20,00-20,45 FIT BOXE	 19,30-21,00 KARATE Over 14	 20,00-20,45 FIT BOXE
	 20,00-21,30 TAI CHI CHI KUNG	 20,00-21,15 KUNG FU & JKD	 POLE DANCE	 TESSUTI AEREI Over 14
				 19,30-21,00 KARATE Over 14
				 20,30-21,30 KUNG FU & JKD
21-22	 AERIAL HOOP OPEN			
			 POLE DANCE OPEN	

 = brucia grassi

Via Ticino 2 – Senna Comasco (CO) - Tel. 031-560330

www.freestylesportingclub.it - asd.freestyle@yahoo.com

Seguici sulle nostre pagine Facebook e Instagram!