

# Perfect gym inverno 2018 - 2019

SALA GRANDE	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
10:00-11:00	STRETCHING			STRETCHING	
11:00-12:00		PILATES		PILATES	
12:00-13:00		YOGA		YOGA	
13:00-14:00	PIEROCARDIO	CROSS GYM	PIERO SPINN	CROSS GYM	PIERO PUMP
14:00-15:00	FUNCTIONAL TRAINING				FUNCTIONAL TRAINING
15:00-16:00		SPINNING		SPINNING	
16:00-17:30		SPINNING		SPINNING	
17:30-18:30	KICK BIMBI DALLE 17 ALLE 18	WALKING	KICK BIMBI DALLE 17 ALLE 18	WALKING	
18:30-19:30	PIEROCARDIO	WALKING	PIERO TONO	WALKING	PILATES dalle 19 alle 20 in sala squash
					ZUMBA
19:30-20:30	KICKBOXING	CROSS GYM	KICKBOXING	CROSS GYM	PIERO GAG
20:30-21:30	KICKBOXING	ZUMBA	KICKBOXING	M.M.A	JIU-JITSU
21:30-22:30			JIU-JITSU		JIU-JITSU
22:30-23:00			JIU-JITSU		

SALA PICCOLA	VENERDI'	SABATO	DOMENICA
15:00-16:00	SPINNING	<b>Periodicamente si organizzano SPECIAL di spinning e walking</b>	
16:00-17:00	SPINNING		
17:00-18:00	SPINNING		
18:00-19:00	SPINNING		
19:00-20:00	SPINNING		
20:00-21:00	SPINNING		

**Prenotazioni spinning/walking Stefania 345/6348428**

**telefono 0547/645225**

**PER INFO POTETE CONTATTARE ANCHE IL SEGUENTE**

**NUMERO 335/1683816**

**(anche tramite whatsapp)**

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