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#TASSIGNANO
#MUGNANO

O R A R I

DAL LUNEDÌ AL VENERDÌ

7.00 _ 22.30

SABATO

#MUGNANO 8.00 _ 18.00

#TASSIGNANO 8.00 _ 18.00

DOMENICA

#MUGNANO 9.00_13.30

#TASSIGNANO CHIUSO

I N F O

#TASSIGNANO_ VIA DEL CASALINO _ T: 0583 936707

#MUGNANO_ VIA DI MUGNANO 638 _ T: 0583 1714828

WWW.GENESI.FITNESS

INFO@GENESI.FITNESS



#MUGNANO						
	LUN	MAR	MER	GIO	VEN	SAB
#2	9>10 FLEXABILITY	13.15>14.15 CROSS TRAINING	9>9.30 GLT & ABS	13.15>14.15 FLEXABILITY	9>10 FLEXABILITY	12.30>13.30 CROSS TRAINING
	13.15>14.15 CARDIO	18>18.30 ABS	9.30>10.30 TABATA	15.30>16.30 INTRO FITNESS 10-13 ANNI	10>10.30 GLT	
	15.30>16.30 INTRO FITNESS 10-13 ANNI	18.30>19.30 TABATA	13.15>14.15 PUMP	16.30>17.30 INTRO FITNESS 6-9 ANNI	13.15>14.15 FUNCTIONAL	
	16.30>17.30 INTRO FITNESS 6-9 ANNI	19.30>20.30 FUNCTIONAL ADV	17.30>18 CARDIO 2.0	18>19 CIRCUIT TRAINING	17>18 DANCE FIT	DOM 10.30>11.30 FUNCTIONAL
	17.30>18.30 DANCE FIT		18>19 GLT & ABS	19>20 MUSCLE DEFINITION	18>19 FLEXABILITY	
	18.30>19 GLT			19>20 PUMP	19>19.30 ABS	
	19>20 MUSCLE DEFINITION				19.30>20.30 FUNCTIONAL	
	20>20.30 ABS					
#4	13.15>14.15 INDOOR CYCLING*	9.15>10.15 INDOOR CYCLING*	13.15>14.15 INDOOR CYCLING*	12.45>13.20 INDOOR CYCLING*	10.45>11.45 INDOOR CYCLING*	11>12 INDOOR CYCLING*
	18.30>19.30 INDOOR CYCLING*	12.45>13.20 INDOOR CYCLING*	19>20 INDOOR CYCLING*		13.15>14.15 INDOOR CYCLING*	
	19.30>20.30 INDOOR CYCLING*				18.30>19.30 INDOOR CYCLING*	
#TASSIGNANO						
	LUN	MAR	MER	GIO	VEN	SAB
#1	9>10 CORPO LIBERO	9.30>11.30 NEW BORN GRAVIDANZA	9>10 VERTEBRALE	13.15>14.15 CROSS TRAINING	9>10 FLEXABILITY	10>11 FIT BOXE
	13.15>14.15 CROSS TRAINING	13.15>14.15 FIT BOXE	13.15>14.15 CARDIO	15.30>16.30 TOTAL BODY	13.15>14.15 MUSCLE DEFINITION	
	18>18.45 FIT BOXE	15.30>16.30 TOTAL BODY	15>16 DANCE FIT	18>19 FLEXABILITY	18>18.30 ABS	
	18.45>19.45 CIRCUIT	18>19 FLEXABILITY	18>18.30 ABS	19>20 FIT BOXE	18.30>19.30 CROSS TRAINING	
	19.45>20 ABS	19>20 PUMP	18.30>19.30 CROSS TRAINING			
#2			19>20 GLT			
	19>20 CALISTHENICS		19>20 CALISTHENICS		19>20 CALISTHENICS	11.30>12.30 CALISTHENICS
#3	18>19 FLEX-FUSION		18>19 FLEX-FUSION	9.30>11.30 NEW BORN GRAVIDANZA		
#PI SCI NA	10.15>11.15 ACQUA	9.30>10.30 ACQUA NEW BORN	10.15>11.15 ACQUA	9.30>11.30 ACQUA NEW BORN	10.15>11.15 ACQUA	
	16.30>17.30 ACQUA		13>14 ACQUA		16.30>17.30 ACQUA	
			17>18 ACQUA			



#ARTIMARZIALI

I N F O

#TASSIGNANO_ VIA DEL CASALINO _ T: 0583 936707

#MUGNANO_ VIA DI MUGNANO 638 _ T: 0583 1714828

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		#MUGNANO					
		LUN	MAR	MER	GIO	VEN	SAB
#2		20.30>21.30 KRAV MAGA€		20>21 KRAV MAGA€			
#3		19>20 KARATE RAGAZZI€ 20>21.30 KARATE AGONISTI€	17>17.45 RUGBY TODS€ 20>21.30 KARATE ADULTI AMATORIALI€	19>20 KARATE RAGAZZI€ 20>21.30 KARATE AGONISTI€	20>21.30 KARATE ADULTI AMATORIALI€	20>21.30 KARATE AGONISTI€	10>12 RUGBY TODS€
		#TASSIGNANO					
		LUN	MAR	MER	GIO	VEN	SAB
#1		20>21.30 TKD€	20>21 KARATE€	20>21.30 TKD€		19.30>21 TKD€	
#3						20>21 KARATE€	

* A PAGAMENTO