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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 FLEXIBILITY 10>10.30 GLT & ABS 13.15>14.15 CARDIO 17.30>18.30 DANCE FIT 18.30>19 GLT 19>20 MUSCLE DEFINITION 20>20.30 ABS	13.15>14.15 CROSS TRAINING 18>18.30 ABS 18.30>19.30 PUMP 19.30>20.30 HIIT	9>9.30 GLT & ABS 9.30>10.30 TOTAL BODY 13.15>14.15 PUMP 17.30>18 CARDIO 18>19 GLT & ABS 19>20 MUSCLE DEFINITION	13.15>14.15 GLT & ABS 15.30>16.30 AVV. FITNESS* 16.30>17.30 MOTRICITA* 18>19 TABATA 19>20 PUMP	9>10 FLEXIBILITY 10>10.30 GLT & ABS 13.15>14.15 HIIT 17>18 DANCE FIT 18>19 FLEXIBILITY 19>20 HIIT	12.30>13.30 CROSS TRAINING	DOM 10.30>11.30 HIIT

# 3		18.30>19.30 PRIMITIVE				10.30>11.30 PRIMITIVE
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# 4	* SU PRENOTAZIONE 13.15>14.15 INDOOR CYCLING* 18.30>19.30 INDOOR CYCLING* 19.30>20.30 INDOOR CYCLING*	10.30>11.30 INDOOR CYCLING* 12.45>13.20 INDOOR CYCLING* 18.30>19.30 INDOOR CYCLING* 19.30>20.30 INDOOR CYCLING*	13.15>14.15 INDOOR CYCLING* 19>20 INDOOR CYCLING*	12.45>13.20 INDOOR CYCLING*	10.45>11.45 INDOOR CYCLING* 13.15>14.15 INDOOR CYCLING* 18.30>19.30 INDOOR CYCLING* 19.30>20.30 INDOOR CYCLING*	11>12 INDOOR CYCLING*
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TASSIGNANO

	LUN	MAR	MER	GIO	VEN	SAB
# 1	9>10 CORPO LIBERO 13.15>14.15 CROSS TRAINING 15.30>16.30 AVV. FITNESS* 16.30>17.30 MOTRICITA* 18>18.30 GLT & ABS 18.30>19.30 PUMP 19.30>20 ABS & STRETCH	9.30>11.30 NEW BORN GRAVIDANZA* 13.15>14.15 FIT BOXE 15.30>16.30 TOTAL BODY 16.30>17 VERTEBRALE 18>18.30 ABS 18.30>19.30 HIIT	9>10 VERTEBRALE 18>18.30 GLT 18.30>19.30 CROSS TRAINING	13.15>14.15 CROSS TRAINING 15.30>16.30 TOTAL BODY 16.30>17 VERTEBRALE 18>19 CARDIO 19>20 FIT BOXE	9>10 FLEXIBILITY 13.15>14.15 MUSCLE DEFINITION 15.30>16.30 AVV FITNESS* 16.30>17.30 MOTRICITA* 18>18.30 ABS 18.30>19.30 CROSS TRAINING	10>11 FIT BOXE

# 2	18>19 CALISTHENICS 19>20 CALISTHENICS	13>14 CALISTHENICS	18>19 CALISTHENICS 19>20 CALISTHENICS		18>19 CALISTHENICS 19>20 CALISTHENICS	
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# 3	18>19 FLEX-FUSION		18>19 FLEX-FUSION	9.30>11.30 NEW BORN GRAVIDANZA*		
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#PI SCI NA	10.15>11.15 ACQUA 16.30>17.30 ACQUA	9.30>10.30 ACQUA NEW BORN	10.15>11.15 ACQUA 13>14 ACQUA 17>18 ACQUA	9.30>11.30 ACQUA NEW BORN	10.15>11.15 ACQUA 16.30>17.30 ACQUA	
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I N F O

#TASSIGNANO_ VIA DEL CASALINO _ T: 0583 936707

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INFO@GENESI.FITNESS



#ARTIMARZIALI



#MUGNANO

LUN

MAR

MER

GIO

VEN

SAB

2

20.30>21.30
KRAV MAGA€

20>21
KRAV MAGA€

3

19>20
KARATE
RAGAZZI€

17>17.45
RUGBY TODS€

19>20
KARATE
RAGAZZI€

20>21.30
KARATE
ADULTI
AMATORIALI€

20>21.30
KARATE
AGONISTI€

10>12
RUGBY TODS€

20>21.30
KARATE
AGONISTI€

20>21.30
KARATE
ADULTI
AMATORIALI€

20>21.30
KARATE
AGONISTI€

€ A PAGAMENTO

#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€