

#MUGNANO

I
S
R
O
C
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O R A R I

DAL LUNEDÌ AL VENERDÌ

7.00 _ 22.30

SABATO

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



LUN

MAR

MER

GIO

VEN

SAB

29>10
TOTAL BODY8.30>9.30
POSTURALE9>9.30
GLT&ABS8.30>9.30
POSTURALE7.15>8.15
CROSS
TRAINING10>12
RUGBYTOTS*10>11
S.PILATES9.30>10.30
FLEXABILITY9.30>10.30
BODY WEIGHT9.30>10.30
FLEXABILITY9>10
S. PILATES12.30>13.30
BODY STRONG11.15>12.15
HATHA YOGA10.30>11.30
CORRETTIVA*10.30>11
STRETCHING10.30>11.30
CORRETTIVA*10>11
TOTAL BODY13>13.15
ABS13>13.15
JOINT
MOBILITY13.15>14.00
PUMP13>13.15
ABS11.15>12.15
HATHA YOGA13.15>14.15
MUSCLE
DEFINITION13.15>14.15
BODY WEIGHT14>14.15
STRETHCING13.15>14.15
FIT BOXE13.15>14.15
HIIT17>18
YOGA FLOW16.45>17.30
RUGBYTOTS*17>18
YOGA FLOW18>18.45
BODY WEIGHT17>17.30
ABS18>19
GLT&UPPER18>18.30
ABS18>19
GLT&ABS19>20
CIRCUIT17.30>18.30
FLEXABILITY19>20
MUSCLE
DEFINITION18.30>19.30
PUMP19>20
CARDIO20.30>21.15
BODY STRONG18.30>19
GLT20>20.30
ABS19.30>20.30
HIIT20.30>21.30
KRAV MAGA*19>20
HIIT20.30>21.30
KRAV MAGA*20.30>21.15
BODY STRONG

DOM

10>11
HIIT#
37.15>8.15
CALISTHENICS18>19
CALISTHENICS7.15>8.15
CALISTHENICS18>19
CALISTHENICS7.15>8.15
CALISTHENICS15.30>16.30
CALISTHENICS13.00>14.00
CALISTHENICS19>20
CALISTHENICS13>14
CALISTHENICS19>20
CALISTHENICS13.00>14.00
CALISTHENICS16.30>17.30
CALISTHENICS
GO!16.30>17.30
CALISTHENICS
GO!#
413.15>14.15
GROUP
CYCLING10.30>11.30
GROUP
CYCLING13>14
GROUP
CYCLING10.30>11.30
GROUP
CYCLING13.15>14.15
GROUP
CYCLING9.30>10.30
GROUP
CYCLING16>17
GROUP
CYCLING12.45>13.20
GROUP
CYCLING19>20
GROUP
CYCLING12.45>13.20
GROUP
CYCLING16>17
GROUP
CYCLING11>12
GROUP
CYCLING18.30>19.30
GROUP
CYCLING18.30>19.30
GROUP
CYCLING20>21
GROUP
CYCLING19.45>20.45
GROUP
CYCLING18.30>19.30
GROUP
CYCLING13>14
GROUP
CYCLING19.30>20.30
GROUP
CYCLING19.30>20.30
GROUP
CYCLING20.45>21.45
GROUP
CYCLING19.30>20.30
GROUP
CYCLING

DOM

10>10.30
ABS
10.30>11.30
HIIT