

#MUGNANO

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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
# 1	9>10 CORPO LIBERO	13.15>14.15 BODY STRONG	9>10 FLEXABILITY	13.15>14.15 CIRCUIT	9>10 VERTEBRALE	9>10 HATHA YOGA
	13>13.15 GLT	15.30>16.30 TOTAL BODY	10.15>11.15 HATHA YOGA	15.30>16.30 TOTAL BODY	13>13.15 ABS	10>11 FIT BOXE
	13.15>14 HIIT	16.30>17.30 VERTEBRALE	13.15>14.15 CROSS TRAINING	16.30>17.30 VERTEBRALE	13.15>14.00 CARDIO	
	14>14.15 ABS	17.30>18.30 S. PILATES	16>17 AVV FITNESS*	18.30>19 CARDIO	14>14.15 GLT	
	16>17 AVV FITNESS*	18.30>19 ABS & GLT	17>18 DANCE FIT	19>20 GLT & UPPER	15>15.30 GLT & ABS	
	17>18 DANCE FIT	19>20 FIT BOXE	18>18.30 ABS	20>21.30 KARATE*	15.30>16.30 FLEX & TONE	
	18>18.30 GLUTEI	20>21.30 KARATE*	18.30>19.30 TOTAL BODY		18>18.30 GLT & ABS	
	18.30>19.30 CIRCUIT		19.30>20 GLT		18.30>19.30 CARDIO FORZA FLEX	
	19.30>20 STRETCHING		20>21.30 TAEKWONDO*		19.30>21 TAEKWONDO*	
	20>21.30 TAEKWONDO*					
# 2	7.30>8.30 CALISTHENICS	13>14 CALISTHENICS	18>19 CALISTHENICS	13>14 CALISTHENICS	7.30>8.30 CALISTHENICS	
	18>19 CALISTHENICS	16.30>17.30 CALISTHENICS GO!	19>20 CALISTHENICS	16.30>17.30 CALISTHENICS GO!	18>19 CALISTHENICS	
	19>20 CALISTHENICS				19>20 CALISTHENICS	
# 3	15>18 CORRETTIVA*	8>13 POST TRAUMATICA*	13>14 FLEXABILITY	15>20 POST TRAUMATICA*	15>18 CORRETTIVA*	
	18>19 FLEX & FUSION	15>20 POST TRAUMATICA*	15>18 CORRETTIVA*			
			18>19 FLEX & FUSION			
# P I S C I N A	10.15>11.15 ACQUAGYM	10.30>13 POST TRAUMATICA*	10.15>11.15 ACQUAGYM	15.30>20 POST TRAUMATICA*	10.15>11.15 ACQUAGYM	
	15>16.30 CORRETTIVA*	15.30>20 POST TRAUMATICA*	15>16.30 CORRETTIVA*		15>16.30 CORRETTIVA*	
	16.30>17.30 ACQUAGYM		16.30>17.30 ACQUAGYM		16.30>17.30 ACQUAGYM	
					18>19 ACQUA YOGA	