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#MUGNANO

O R A R I

DAL LUNEDÌ AL VENERDÌ

7.00 _ 22.30

SABATO

8.00 _ 18.00

DOMENICA

#MUGNANO 9.00_13.00

#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
# 2	9>10 TOTAL BODY 10>11 S.PILATES 13.15>14.15 HIIT 17>18 FLEXABILITY 18>19 GLT & UPPER 19>20 MUSCLE DEFINITION	8.30>9.30 POSTURAL TRAINING 9.30>10.30 S.PILATES 10.30>11.30 CORRETTIVA* 13.15>14.15 GLT & ABS 16.45>17.30 RUGBYTOTTS* 18>18.30 ABS 18.30>19.30 CIRCUIT 19.30>20.30 HIIT	9>10 S.PILATES 10>11 GLT & UPPER 13.15>14.15 CROSS TRAINING 18>19 GLT&ABS 19>20 CARDIO METABOLICO 20>20.30 STRETCHING	8.30>9.30 POSTURAL TRAINING 9.30>10.30 S.PILATES 10.30>11.30 CORRETTIVA* 13.15>14.15 FIT BOXE 18>18.30 ABS 18.30>19.30 PUMP 19.30>20.30 HIIT	9>10 S. PILATES 10>11 TOTAL BODY 13.15>14.15 CROSS STEP 17>18 FLEXABILITY 18>18.30 ABS 18.30>19.30 FIT BOXE	10>12 RUGBYTOTTS* 13>14 BODY STRONG
						DOM 10.30>11.30 HIIT
# 3	13>14 CALISTHENICS 16.30>17.30 CALISTHENICS GO!	18>19 CALISTHENICS 19>20 CALISTHENICS	7.30>8.30 CALISTHENICS 13>14 CALISTHENICS 16.30>17.30 CALISTHENICS GO!	18>19 CALISTHENICS 19>20 CALISTHENICS	13>14 CALISTHENICS	15.30>16.30 CALISTHENICS
# 4	13.15>14.15 GROUP CYCLING 17.30>18.30 CYCLEX 19>20 GROUP CYCLING	12.45>13.20 GROUP CYCLING 19>20 GROUP CYCLING	13>14 GROUP CYCLING 17.30>18.30 CYCLEX 19>20 GROUP CYCLING	12.45>13.20 GROUP CYCLING 19.40>20.45 GROUP CYCLING	13.15>14.15 GROUP CYCLING 17.30>18.30 CYCLEX 18.30>19.30 GROUP CYCLING	11>12 GROUP CYCLING
						DOM 9.30>10.30 GROUP CYCLING