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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	8.30>9.30 POSTURAL TRAINING	9>10 S.PILATES	8.30>9.30 POSTURAL TRAINING	9>10 S. PILATES	10>12 RUGBYTOTS*
	10>11 S.PILATES	9.30>10.30 S.PILATES	10>11 GLT & UPPER	9.30>10.30 S.PILATES	10>11 TOTAL BODY	13>14 BODY STRONG
	13.15>14.15 HIIT	10.30>11.30 CORRETTIVA*	13.15>14.15 CROSS TRAINING	10.30>11.30 CORRETTIVA*	13.15>14.15 CROSS STEP	
	17>18 FLEXABILITY	13.15>14.15 GLT & ABS	18>19 GLT&ABS	13.15>14.15 FIT BOXE	17>18 FLEXABILITY	
	18>19 GLT & UPPER	16.45>17.30 RUGBYTOTS*	19>20 CARDIO METABOLICO	18>18.30 ABS	18>18.30 ABS	
	19>20 MUSCLE DEFINITION	18>18.30 ABS	20>20.30 STRETCHING	18.30>19.30 PUMP	18.30>19.30 FIT BOXE	
		18.30>19.30 CIRCUIT		19.30>20.30 HIIT		
	19.30>20.30 HIIT					
						DOM 10.30>11.30 HIIT
# 3	13>14 CALISTHENICS	18>19 CALISTHENICS	7.30>8.30 CALISTHENICS	18>19 CALISTHENICS	13>14 CALISTHENICS	15.30>16.30 CALISTHENICS
	16.30>17.30 CALISTHENICS GO!	19>20 CALISTHENICS	13>14 CALISTHENICS	19>20 CALISTHENICS		
			16.30>17.30 CALISTHENICS GO!			
# 4	13.15>14.15 GROUP CYCLING	12.45>13.20 GROUP CYCLING	13>14 GROUP CYCLING	12.45>13.20 GROUP CYCLING	13.15>14.15 GROUP CYCLING	11>12 GROUP CYCLING
	17.30>18.30 CYCLEX	18.30>19.30 GROUP CYCLING	17.30>18.30 CYCLEX	19.40>20.40 CYCLING X CYCLISTS	17.30>18.30 CYCLEX	
	18.30>19.30 GROUP CYCLING	19.30>20.30 GROUP CYCLING	18.30>19.30 GROUP CYCLING	20.40>21.40 CYCLING X CYCLISTS	18.30>19.30 GROUP CYCLING	
	19.30>20.30 GROUP CYCLING		19.30>20.3 GROUP CYCLING		19.30>20.30 GROUP CYCLING	
						DOM 9.30>10.30 GROUP CYCLING
*TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APPLICAZIONE E POSSONO ESSERE SOGGETTI A MODIFICHE						