



#MUGNANO

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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\_13.00

#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



|                                                                                                   | L U N                              | M A R                             | M E R                              | G I O                                | V E N                           | S A B                              |
|---------------------------------------------------------------------------------------------------|------------------------------------|-----------------------------------|------------------------------------|--------------------------------------|---------------------------------|------------------------------------|
| #<br>2                                                                                            | 9>10<br>TOTAL BODY                 | 8.30>9.30<br>POSTURAL<br>TRAINING | 9>10<br>S.PILATES                  | 8.30>9.30<br>POSTURAL<br>TRAINING    | 9>10<br>S. PILATES              | 10>12<br>RUGBYTOTS*                |
|                                                                                                   | 10>11<br>S.PILATES                 | 9.30>10.30<br>S.PILATES           | 10>11<br>GLT & UPPER               | 9.30>10.30<br>S.PILATES              | 10>11<br>TOTAL BODY             | 12.15>13.15<br>BODY STRONG         |
|                                                                                                   | 13.15>14.15<br>HIIT                | 10.30>11.30<br>CORRETTIVA*        | 13.15>14.15<br>CROSS<br>TRAINING   | 10.30>11.30<br>CORRETTIVA*           | 13.15>14.15<br>CROSS STEP       |                                    |
|                                                                                                   | 17>18<br>FLEXABILITY               | 13.15>14.15<br>GLT & ABS          | 18>19<br>GLT&ABS                   | 13.15>14.15<br>FIT BOXE              | 17>18<br>FLEXABILITY            |                                    |
|                                                                                                   | 18>19<br>GLT & UPPER               | 16.45>17.30<br>RUGBYTOTS*         | 19>20<br>CARDIO<br>METABOLICO      | 18.30>19.30<br>PUMP                  | 18>18.30<br>ABS                 |                                    |
|                                                                                                   | 19>20<br>MUSCLE<br>DEFINITION      | 18.30>19.30<br>CIRCUIT            | 20>20.30<br>STRETCHING             | 19.30>20.30<br>HIIT                  | 18.30>19.30<br>FIT BOXE         |                                    |
|                                                                                                   |                                    | 19.30>20.30<br>HIIT               |                                    |                                      |                                 |                                    |
|                                                                                                   |                                    |                                   |                                    |                                      |                                 | DOM<br>10.30>11.30<br>HIIT         |
| #<br>3                                                                                            | 13>14<br>CALISTHENICS              | 18>19<br>CALISTHENICS             | 13>14<br>CALISTHENICS              | 18>19<br>CALISTHENICS                | 13>14<br>CALISTHENICS           | 15.30>16.30<br>CALISTHENICS        |
|                                                                                                   | 16.30>17.30<br>CALISTHENICS<br>GO! | 19>20<br>CALISTHENICS             | 16.30>17.30<br>CALISTHENICS<br>GO! | 19>20<br>CALISTHENICS                |                                 |                                    |
| #<br>4                                                                                            | 13.15>14.15<br>GROUP<br>CYCLING    | 12.45>13.20<br>GROUP<br>CYCLING   | 13>14<br>GROUP<br>CYCLING          | 12.45>13.20<br>GROUP<br>CYCLING      | 13.15>14.15<br>GROUP<br>CYCLING | 11>12<br>GROUP<br>CYCLING          |
|                                                                                                   | 18.30>19.30<br>GROUP<br>CYCLING    | 18.30>19.30<br>GROUP<br>CYCLING   | 18.30>19.30<br>GROUP<br>CYCLING    | 19.40>20.40<br>CYCLING X<br>CYCLISTS | 18.30>19.30<br>GROUP<br>CYCLING |                                    |
|                                                                                                   | 19.30>20.30<br>GROUP<br>CYCLING    | 19.30>20.30<br>GROUP<br>CYCLING   | 19.30>20.30<br>GROUP<br>CYCLING    | 20.40>21.40<br>CYCLING X<br>CYCLISTS | 19.30>20.30<br>GROUP<br>CYCLING |                                    |
|                                                                                                   |                                    |                                   |                                    |                                      |                                 | DOM<br>9.30>10.30<br>GROUP CYCLING |
| *TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE<br>APPLICAZIONE E POSSONO ESSERE SOGGETTI A MODIFICHE |                                    |                                   |                                    |                                      |                                 |                                    |