

#MUGNANO

I
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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



LUN

MAR

MER

GIO

VEN

SAB

29>10
TOTAL BODY8.30>9.30
POSTURAL
TRAINING9>10
S.PILATES8.30>9.30
POSTURAL
TRAINING9>10
S. PILATES10>12
RUGBYTOTS*10>11
S.PILATES9.30>10.30
S.PILATES10>11
GLT & UPPER9.30>10.30
S.PILATES10>11
TOTAL BODY12.15>13.15
BODY STRONG13.15>14.15
HIIT10.30>11.30
CORRETTIVA*13.15>14.15
CROSS
TRAINING10.30>11.30
CORRETTIVA*13.15>14.15
MOBILITY17>18
FLEXABILITY13.15>14.15
GLT & ABS18>19
GLT&ABS13.15>14.15
FIT BOXE17>18
FLEXABILITY18>19
GLT & UPPER16.45>17.30
RUGBYTOTS*19>20
CARDIO
METABOLICO18.30>19.30
PUMP18>18.30
ABS19>20
MUSCLE
DEFINITION18.30>19.30
CIRCUIT19.30>20.30
HIIT18.30>19.30
FIT BOXE19.30>20.30
HIIT

DOM

10>11
HIIT#
313>14
CALISTHENICS18>19
CALISTHENICS13>14
CALISTHENICS18>19
CALISTHENICS13>14
CALISTHENICS16.30>17.30
CALISTHENICS
GO!19>20
CALISTHENICS16.30>17.30
CALISTHENICS
GO!19>20
CALISTHENICS#
413.15>14.15
GROUP
CYCLING12.45>13.20
GROUP
CYCLING13>14
GROUP
CYCLING12.45>13.20
GROUP
CYCLING13.15>14.15
GROUP
CYCLING11>12
GROUP
CYCLING18.30>19.30
GROUP
CYCLING18.30>19.30
GROUP
CYCLING18.30>19.30
GROUP
CYCLING19.40>20.40
CYCLING X
CYCLISTS18.30>19.30
GROUP
CYCLING19.30>20.30
GROUP
CYCLING19.30>20.30
GROUP
CYCLING19.30>20.30
GROUP
CYCLING20.40>21.40
CYCLING X
CYCLISTS19.30>20.30
GROUP
CYCLING

DOM

10>11
GROUP CYCLING*TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE
APPLICAZIONE E POSSONO ESSERE SOGGETTI A MODIFICHE