

#MUGNANO

I  
S  
R  
O  
C  
#

## # 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  
RUGBYTOTS\*

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

8.30>9.30  
POSTURAL  
TRAINING

9.30>10.30  
S.PILATES

10.30>11.30  
CORRETTIVA\*

13.15>14.15  
FIT BOXE

18.30>19.30  
PUMP

19.30>20.30  
HIIT

9>10  
S. PILATES

10>11  
TOTAL BODY

13.15>14.15  
MOBILITY

17>18  
FLEXABILITY

18>18.30  
ABS

18.30>19.30  
FIT BOXE

10>12  
RUGBYTOTS\*

12.15>13.15  
BODY STRONG

DOM

10>11  
HIIT#  
3

13>14  
CALISTHENICS

16.30>17.30  
CALISTHENICS  
GO!

18>19  
CALISTHENICS

19>20  
CALISTHENICS

13>14  
CALISTHENICS

16.30>17.30  
CALISTHENICS  
GO!

18>19  
CALISTHENICS

19>20  
CALISTHENICS

13>14  
CALISTHENICS

#  
4

13.15>14.15  
GROUP  
CYCLING

18.30>19.30  
GROUP  
CYCLING

19.30>20.30  
GROUP  
CYCLING

12.45>13.20  
GROUP  
CYCLING

18.30>19.30  
GROUP  
CYCLING

19.30>20.30  
GROUP  
CYCLING

13>14  
GROUP  
CYCLING

18.30>19.30  
GROUP  
CYCLING

19.30>20.30  
GROUP  
CYCLING

12.45>13.20  
GROUP  
CYCLING

19.40>20.40  
CYCLING X  
CYCLISTS

13.15>14.15  
GROUP  
CYCLING

18.30>19.30  
GROUP  
CYCLING

19.30>20.30  
GROUP  
CYCLING

11>12  
GROUP  
CYCLING

DOM

10>11  
GROUP CYCLING

\*TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE  
APPLICAZIONE E POSSONO ESSERE SOGGETTI A MODIFICHE