

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
	I S T R	U T T O R	I D I	S A L A	
07:00-10:00 ANDREA 10:00-14:00 FABRIZIO 14:00-18:00 ANDREA 18:00-22:00 FABRIZIO	07:00-13:30 PEPPE 13:30-18:00 FLAMINIA 18:00-22:00 SIMONE	07:00-10:00 ANDREA 10:00-14:00 FABRIZIO 14:00-18:00 ANDREA 18:00-22:00 FABRIZIO	07:00-13:30 PEPPE 13:30-18:00 FLAMINIA 18:00-22:00 SIMONE	07:00-10:00 ANDREA 10:00-14:00 FABRIZIO 14:00-18:00 ANDREA 18:00-22:00 FABRIZIO	08:00-14:00 PEPPE 14:00-19:00 SIMONE
Tutte le nostre discipline ginniche sono finalizzate alla salute ed al fitness con diverse metodologie applicate***					
09:00-10:00 P. Reformer° 09:30-10:30 1 Pilates Matwork 10:00-11:00 3 Functional Jump	09:30-10:30 3 Pilates Matwork 10:40-11:40 3 Body Action	09:00-10:00 P. Reformer* 09:30-10:30 1 Pilates Matwork 10:00-11:00 3 Functional Jump	09:30-10:30 3 Pilates Matwork 10:40-11:40 3 Body Action	09:00-10:00 P. Reformer° 09:30-10:30 1 Pilates Matwork 10:00-11:00 3 Functional Jump	Tutto con prenotazione
13:30-14:30 P. Reformer° 14:00-15:00 3 Functional 14:10-15:10 1 Military	14:00-15:00 2 Walking*	13:30-14:30 P. Reformer° 14:00-15:00 3 Functional 14:10-15:10 1 Military 14:30-15:30 P. Reformer°	14:00-15:00 1 Functional	13:30-14:30 P. Reformer° 14:00-15:00 3 Functional 14:10-15:10 1 Military	Tutto con prenotazione
17:15-18:15 2 Walking* 17:15-18:10 3 Postural Training 17:30-18:30 P. Reformer° 18:15-19:10 3 Fitboxe 18:20-19:05 2 Functional 18:30-19:30 Mezieres* 19:15-20:00 2 Pilates 19:15-20:00 3Total Body Funct. 20:05-20:50 3Total Body Funct.	17:30-18:30 P. Reformer* 17:30-18:30 3 Total B. Power 18:00-19:00 2 Pilates Matwork 18:20-19:20 1 Spinning 19:30-20:30 1 Cross Training 19:40-20:40 2 TRX Functional	17:15-18:15 2 Walking* 17:15-18:10 3 Postural Training 18:20-19:05 2 Pilates 18:15-19:10 3 Fitboxe 18:30-19:30 P. Reformer° 19:15-20:00 2 Functional 19:15-20:00 3Total Body Funct. 20:05-20:50 3Total Body Funct.	17:20-18:20 1 Coreografato 17:30-18:30 P. Reformer° 17:30-18:30 3 Total B. Power 18:00-19:00 2 Pilates Matwork 18:20-19:20 1 Spinning 19:30-20:30 1 Cross Training 19:40-20:40 2 TRX Functional	17:15-18:15 2 Walking* 17:15-18:10 3 Postural Training 17:30-18:30 Mezieres* 18:20-19:05 2 Sweat Fitness 18:15-19:10 3 Fitboxe 18:30-19:30 P. Reformer° 19:15-20:00 2 Pilates 19:15-20:00 3Total Body Funct. 20:05-20:50 3Total Body Funct.	Tutto con prenotazione 17:00-18:00 1 Funzionale ° Abbonamento a parte Lezioni con frequentazione inferiori a 5 possono essere cancellate
16:00-19:30 1 Ju-Jitsu Bimbi° 19:30-21:00 1 Ju-Jitsu Adulti° 20:45-22:15 1 Aikido°		16:00-19:30 1 Ju-Jitsu Bimbi° 19:30-21:00 1 Ju-Jitsu Adulti° 20:45-22:15 1 Aikido°		16:00-19:30 1 Ju-Jitsu Bimbi° 19:30-21:00 1 Ju-Jitsu Adulti°	° Abbonamento a parte Programma soggetto a variazioni
				PROVVISORIO	ott-20

* **Prestige 3 Prenotazioni attive X 2 settimane Squash 1 a settimana compreso**

Premium 3 Prenotazioni attive X 1 settimana

*** **METODI** :Fitboxe, Functional, Mezieres, Military, Pilates Matwork, P. Reformer, Postural Training, TRX, Tonificazione, Walking.

First Fitness Club | Tel: 095-494918 | lunedì – venerdì: 07:00 – 22:00 | sabato: 08:00 – 19:00