



2022-2023

ORARIO CORSI

#Gipointduepuntozero

Lunedì

| | |
|-------------|----------------------------------|
| 09.15-10.15 | GINNASTICA POSTURALE |
| 13.15-14.00 | WALKING |
| 18.30-19.30 | PILATES MATWORK |
| 19.30-20.30 | FIT KOMBAT 2.0 |
| 19.15-20.15 | TBW (Total Barre Workout) |
| 19.15-20.15 | SPINNING |
| 20.30-21.30 | SPINNING |
| 20.30-21.30 | MILITARY FITNESS |

Giovedì

| | |
|-------------|-----------------------------|
| 10.00-11.00 | WALKING |
| 18.30-19.30 | WALKING |
| 19.15-20.15 | SPINNING |
| 19.15-20.15 | GINNASTICA POSTURALE |
| 20.30-21.30 | MILITARY FITNESS |

Martedì

| | |
|-------------|-----------------------------|
| 10.00-11.00 | WALKING |
| 13.15-14.15 | FUNCTIONAL |
| 18.30-19.30 | WALKING |
| 19.15-20.15 | GINNASTICA POSTURALE |

Venerdì

| | |
|-------------|-------------------|
| 13.15-14.15 | FUNCTIONAL |
| 18.30-19.30 | FUNCTIONAL |

Mercoledì

| | |
|-------------|----------------------------------|
| 09.15-10.15 | GINNASTICA POSTURALE |
| 13.15-14.00 | WALKING |
| 18.30-19.30 | PILATES MATWORK |
| 18.30-19.30 | FUNCTIONAL |
| 19.30-20.30 | FIT KOMBAT 2.0 |
| 19.15-20.15 | TBW (Total Barre Workout) |
| 19.15-20.15 | SPINNING |
| 20.30-21.30 | SPINNING |

INFOLINE



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Gipointduepuntozero



palestragipoint2.0