

SALA FUNZIONALE

	LUN	MAR	MER	GIO	VEN	SAB
			09:30 10:00		09:30 10:00	
		13:00 13:30		13:00 13:30		
18:00 18:45	CROSS TEEN			18:00 18:45	CROSS TEEN	
18:45 19:30	FIT CROSS	18:45 19:30	18:45 19:30	18:45 19:30	18:45 19:30	
19:30 20:15	FAST BURN	19:30 20:15		19:30 20:15	19:30 20:15	
20:30 21:15	FIT CROSS	20:30 21:15	20:30 21:15	20:30 21:15		

SALA TONIFICAZIONE

	LUN	MAR	MER	GIO	VEN	SAB
		9:00 9:45		09:00 10:00		
10:00 10:45	CIRCUIT TRAINING					11:00 11:45
12:45 13:30	TOTAL BODY					
19:00 20:00	BODY PUMP	18:45 19:30	19:00 19:45	19:00 19:45	19:00 19:45	
20:00 20:45	STRONG NATION	19:30 20:15	19:45 20:30	19:45 20:45	19:45 20:30	
		20:15 21:00	20:30 21:15			






GLUTEI PERSONAL TRAINER YOGA SUPER TONE
 STRETCHING GINNASTICA POSTURALE
 FUNCTIONAL TRAINING PANCAFIT FIT CROSS
 SPINNING MUAY THAI KIDS PILATES FITNESS
 TOTAL BODY
 TABATA KRAV MAGA BODY PUMP
 TRAINING ADDOMINALI

LA NOSTRA PROFESSIONALITÀ AL VOSTRO SERVIZIO

VIA NAZIONALE DEI GIOVI, 45 • 20811 CESANO MADERNO (MB)

T. 0362 50 59 31 • C. 334 67 61 555

   www.palestraolympia.it

