

PLANNING CORSI

4Fit
s.s.d.
FITNESS CLUB

LUNEDÌ

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|-------------|-------------|
| 09.00-09.50 | PUMP |
| 10.00-10.50 | KOREO STEP |
| 13.00-13.50 | TOTAL BODY |
| 18.00-18.50 | STEP & TONE |
| 19.00-19.50 | G.A.G. |
| 20.00-20.50 | PILATES |

MERCOLEDÌ

| | |
|-------------|-------------|
| 09.00-09.50 | PILATES |
| 10.00-10.50 | BODY & TONE |
| 13.00-13.50 | G.A.G. |
| 18.00-18.50 | TABATA |
| 19.00-19.50 | BODY & TONE |
| 20.00-21.00 | HATHA YOGA |

VENERDÌ

| | |
|-------------|-----------------------|
| 09.00-09.50 | REGGAETON FUN |
| 10.00-10.50 | TOTAL BODY |
| 13.00-13.30 | TOTAL ABDOMINAL |
| 13.30-14.00 | POSTURAL & STRETCHING |
| 18.00-18.50 | PUMP |
| 19.00-19.30 | INTERVAL TRAINING |
| 19.30-20.00 | TOTAL ABDOMINAL |
| 20.00-20.30 | POSTURAL & STRETCHING |

MARTEDÌ

| | |
|-------------|---------------------|
| 09.00-09.50 | CROSS TRAINING |
| 10.00-10.50 | G.A.G. |
| 13.00-13.30 | INTERVAL TRAINING |
| 13.30-14.00 | TOTAL ABDOMINAL |
| 18.00-18.50 | CROSS TRAINING |
| 19.00-19.30 | TOTAL ABDOMINAL |
| 19.45-20.30 | SUSPENSION TRAINING |
| 20.40-21.30 | BOXE TRAINING |

GIOVEDÌ

| | |
|-------------|-----------------------|
| 09.00-09.50 | CROSS TRAINING |
| 10.00-10.30 | TOTAL ABDOMINAL |
| 10.30-11.00 | POSTURAL & STRETCHING |
| 13.00-13.45 | SUSPENSION TRAINING |
| 18.00-18.50 | FIT BOXE |
| 19.00-19.50 | TOTAL BODY |
| 20.00-20.50 | REGGAETON FUN |

PLANNING IN VIGORE DAL 04.12.2023