

ORARIO DISCIPLINE ADULTI

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENEDÌ
09-11	9,30-10,30 TONIFICAZIONE  10,35-11,35 pilates 			9,30-10,30 TONIFICAZIONE  10,35-11,35 pilates 	
12,45-13,45	pilates 	BRUCIA GRASSI TOTAL BODY 	pilates 	BRUCIA GRASSI TOTAL BODY 	
18-19			BRUCIA GRASSI TOTAL BODY 		 18,30-19,30 AERIAL HOOP
19-20	19,15-20,00 STEP +G.A.G.   AERIAL HOOP	19,00-19,45 pilates 	 POLE DANCE 19,00-19,30 STRETCHING  19,15-20,15  ZUMBA +G.A.G.  19,30-20,30 YOGA 	19,00-19,45 pilates  19,15-20,00 STEP +G.A.G. 	 19,30-20,30 POLE DANCE
20-21	20,00-21,30 BOXE   AERIAL HOOP 20,00-21,30 TAI CHI CHI KUNG 	20,00-21,30 BOXE & KICK  20,00-20,45 FIT BOXE   20,00-21,15 KUNG FU & JKD 	20,00-21,30 BOXE  19,30-21,00 KARATE Over 14   POLE DANCE	20,00-21,30 BOXE & KICK  20,00-20,45 FIT BOXE    TESSUTI AEREI Over 14	20,00-21,30 BOXE  19,30-21,00 KARATE Over 14  20,30-21,30 KUNG FU & JKD  20,15-21,45 TAI CHI MARZIALE 
21-22	 AERIAL HOOP OPEN		 POLE DANCE OPEN		

 = brucia grassi

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