

# ORARIO DISCIPLINE ADULTI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDÌ	VENERDÌ
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**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

**19-20**

19,15-20,00  
STEP  
+G.A.G.

19,00-19,45  
pilates

19,30-20,30  
ZUMBA  
+G.A.G.

19,00-19,45  
pilates

19,30-20,30  
ZUMBA  
+G.A.G.

19,00-19,30  
STRETCHING

19,15-20,00  
STEP  
+G.A.G.

19,30-20,30  
YOGA

POLE DANCE

**20-21**

20,00-21,30  
BOXE

20,00-21,30  
BOXE & KICK

20,00-21,30  
BOXE

20,00-21,30  
BOXE & KICK

20,00-21,30  
BOXE

20,00-21,15  
AERIAL HOOP

20,00-20,45  
FIT BOXE

19,30-20,30  
KARATE  
Over 14

20,00-20,45  
FIT BOXE

19,30-20,30  
KARATE  
Over 14

20,00-21,30  
TAI CHI  
CHI KUNG

20,15-21,30  
KUNG FU & JKD

POLE DANCE

20,15-21,30  
KUNG FU & JKD

20,15-21,45  
TAI CHI  
MARZIALE

20,00-21,15  
TESSUTI AEREI

**21-22**

POLE DANCE

 = brucia grassi

Via Ticino 2 – Senna Comasco (CO) - Tel. 031-560330

[www.freestylesportingclub.it](http://www.freestylesportingclub.it) - [asd.freestyle@yahoo.com](mailto:asd.freestyle@yahoo.com)

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