ORARIO DISCIPLINE ADULTI

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDÌ	VENERDÌ
09-11	9,30-10,30 TONIFICAZIONE			9,30-10,30 TONIFICAZIONE	
	10,35-11,35 pilates			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	20,30-21,30 HEELS BASE/INTERM.		20,30-21,30 HEELS INTERM./AVANZ.		
			POLE DANCE		

❤ = brucia grassi

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

www.freestylesportingclub.it - asd.freestyle@yahoo.com

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