

#MUGNANO

I
S
R
O
C
#

O R A R I

DAL LUNEDÌ AL VENERDÌ

7.00 _ 22.00

SABATO

8.00 _ 18.00

DOMENICA

#MUGNANO 9.00_13.30

#TASSIGNANO CHIUSO

I N F O

#TASSIGNANO_ VIA DEL CASALINO _ T: 0583 936707

#MUGNANO_ VIA DI MUGNANO 638 _ T: 0583 1714828

WWW.GENESI.FITNESS

INFO@GENESI.FITNESS



LUN

MAR

MER

GIO

VEN

SAB

29>9.50
CORE
FLEXABILITY13.15>14.15
CARDIO TONE9>9.50
CORE
FLEXABILITY13.15>14.15
MUSCLE
DEFINITION9>9.50
CORE
FLEXABILITY10.30>12
RUGBY TOTS[€]10>11
TOTAL BODY17>17.45
RUGBY TOTS[€]10>11
GAG17>17.50
DANCE FIT10>11
TOTAL BODY13.15>14.15
PUMP18>18.50
TABATA13.15>14.15
FUNCTIONAL
STRONG18>18.50
PUMP13.15>14.15
FIT BOXE17.30>18.20
FIT BOXE19>19.50
PUMP17.30>17.50
GLUTEI19>19.50
TABATA18>19.20
HOKUTO
FITNESS18.30>19.20
STEP20>21
CARDIO
STRONG18>18.50
AEROBICA20>21
FUNCTIONAL
BASIC19.30>20.30
FUNCTIONAL
STRONG19.30>20.20
MUSCLE
DEFINITION19>19.50
CARDIO TONE20.30>22
J.J. (KRAV
MAGA)[€]20.30>21.40
J.J. (KRAV
MAGA)[€]20>21.40
J.J. (KRAV
MAGA)[€]

DOM

11>12
FUNCTIONAL
STRONG#
317.45>18.45
KARATE[€]
5-9 ANNI20>21.15
KARATE[€]
ADULTI17.45>18.45
KARATE[€]
5-9 ANNI20>21.15
KARATE[€]
ADULTI18.45>20
KARATE[€]
10-13 ANNI18.45>20
KARATE[€]
10-13 ANNI18.45>20
KARATE[€]
10-13 ANNI20>21.15
KARATE[€]
14+ ANNI20>21.15
KARATE[€]
14+ ANNI20>21.15
KARATE[€]
14+ ANNI#
413.30>14.30
INDOOR
CYCLING*12.45>13.20
INDOOR
CYCLING*7.15>8.15
INDOOR
CYCLING*12.45>13.20
INDOOR
CYCLING*7.15>8.15
INDOOR
CYCLING*11>12
INDOOR
CYCLING*18.15>19.15
INDOOR
CYCLING*20>21
INDOOR
CYCLING*13.30>14.30
INDOOR
CYCLING*20>21
INDOOR
CYCLING*13.30>14.30
INDOOR
CYCLING*19.30>20.30
INDOOR
CYCLING*19.30>20.30
INDOOR
CYCLING*18.45>19.45
INDOOR
CYCLING*

DOM

11>12
INDOOR
CYCLING*