

#TASSIGNANO

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# 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](http://WWW.GENESI.FITNESS)

[INFO@GENESI.FITNESS](mailto:INFO@GENESI.FITNESS)



LUN

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#  
19>10  
CORPO  
LIBERO9>10  
CORE  
FLEXABILITY9>10  
GINNASTICA  
VERTEBRALE9>10  
CORE  
FLEXABILITY9>10  
CORPO  
LIBERO13.15>14.15  
FUNCTIONAL  
STRONG13.15>14.15  
MUSCLE  
DEFINITION13.15>14.15  
PUMP10>11  
MUSCLE  
DEFINITION13.15>14.15  
CORE  
FLEXABILITY13.15>14.15  
PUMP15>16  
CARDIO TONE15.30>17  
TKD<sup>€</sup> RAGAZZI13.15>14.15  
FIT BOXE15.30>17  
TKD<sup>€</sup> RAGAZZI15>16  
CORE  
FLEXABILITY18>18.50  
TABATA17>17.50  
DANCE FIT18>18.50  
PUMP17.30>18.20  
STEP17.30>18.20  
AEROBICA19>19.50  
PUMP18>19  
FIT BOXE19>19.50  
TABATA18.30>19.20  
CARDIO TONE18.30>19.20  
MUSCLE  
DEFINITION20>21.30  
TKD<sup>€</sup>19>19.50  
MUSCLE  
DEFINITION20>21.30  
TKD<sup>€</sup>19.30>19.50  
GLUTEI19.30>21  
TKD<sup>€</sup>20>21.30  
KARATE<sup>€</sup>20>21.30  
KICK BOXING<sup>€</sup>#  
220>21  
CALISTHENICS<sup>€</sup>15>16  
CALISTHENICS<sup>€</sup>16>17  
CALISTHENICS<sup>€</sup>#  
315>18  
GINNASTICA  
CORRETTIVA<sup>€</sup>14>20.30  
FISIO<sup>€</sup>15>18  
GINNASTICA  
CORRETTIVA<sup>€</sup>14>21  
FISIO<sup>€</sup>20>21.30  
KARATE<sup>€</sup>9>12.30  
FISIO<sup>€</sup>18>19  
CORE  
FLEXABILITY20>21.30  
KICK BOXING<sup>€</sup>18>19  
CORE  
FLEXABILITY19>20  
FIT WALKING<sup>\*</sup>19>20  
FIT WALKING<sup>\*</sup>20.15>21.45  
WING-TSUNG<sup>€</sup>20.15>21.45  
WING-TSUNG<sup>€</sup>#  
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A10.15>11.15  
ACQUAGYM<sup>\*</sup>14>20.30  
FISIO<sup>€</sup>13.30>20  
P.I.T.A.<sup>€</sup>14>20  
FISIO<sup>€</sup>10.15>11.15  
ACQUAGYM<sup>\*</sup>10>15  
FISIO<sup>€</sup>16.30>17.30  
ACQUAGYM<sup>\*</sup>16>17  
ACQUAGYM<sup>\*</sup>