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#TASSIGNANO
#MUGNANO

O R A R I

DAL LUNEDÌ AL VENERDÌ

7.00 _ 22.00

SABATO

8.00 _ 14.00

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
# 2	9>10 FLEXIBILITY 13.15>14.15 CARDIO TONE 17.30>18.30 DANCE FIT 18.30>19 ABS 19>20 MUSCLE DEFINITION 20>20.30 GLT 20.30>21.30 KRAV MAGA	18>18.45 FIT BOXE 18.45>19.30 TABATA 19.30>20.30 FUNCTIONAL FOR ADVACED	9>10 GLT & ABS 13.15>14.15 FUNCTIONAL 17>18 DANCE FIT 18>19 GLT & ABS 19>20 MUSCLE DEFINITION 20>21.30 KRAV MAGA	18>19 CIRCUIT TRAINING 19>20 PUMP	9>10 FLEXIBILITY 13.15>14.15 FUNCTIONAL BASIC 17>18 DANCE FIT 18>19 FLEXIBILITY 19>20 FUNCTIONAL	9>12 RUGBY TOTS DOM 10.30>11.30 FUNCTIONAL FOR ADVANCED

# 3	18>19 KARATE AGONISTI UNDER 12€ 19>20.30 KARATE AGONISTI OVER 12€	20>21.30 KARATE ADULTI€	18>19 KARATE AGONISTI UNDER 12€ 19>20.30 KARATE AGONISTI OVER 12€	20>21.30 KARATE ADULTI€	19>20.30 KARATE AGONISTI OVER 12€	
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# 4	13.15>14.15 INDOOR CYCLING* 18>19 INDOOR CYCLING* 19>20 INDOOR CYCLING*	18.30>19.30 INDOOR CYCLING*	13.15>14.15 INDOOR CYCLING* 18.30>19.30 INDOOR CYCLING* 19.30>20.30 INDOOR CYCLING*		13.15>14.15 INDOOR CYCLING* 18.30>19.30 INDOOR CYCLING*	DOM 11>12 INDOOR CYCLING*
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	LUN	MAR	MER	GIO	VEN	SAB
# 1	9>10 CORPO LIBERO 13.15>14.15 BOXE 18>18.30 ABS 18.30>19.30 INTERVAL TRAINING 19.30>20 GLT 20>21.30 TKD€	13>14 CROSS TRAINING 18>19 GLT & ABS 19>20 TOTAL BODY 20>21 KARATE€	9>10 CORPO LIBERO 13.15>14.15 GLT & ABS 18>19 FIT BOXE 19>20 PRIMITIVE 20>21.30 TKD€	13>14 CROSS TRAINING 18>18.30 ABS 18.30>19.30 PUMP	9>10 FLEXIBILITY 13.15>14.15 MUSCLE DEFINITION 17.30>18 GLT 18>19 CIRCUIT TRAINING 19>19.30 STRETCHING 19.30>21 TKD€	10>11 ALLENAMENTO A ROTAZIONE

# 2	19>20 CALISTHENICS		19>20 CALISTHENICS		19>20 CALISTHENICS	
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# 3	15>18 GINNASTICA CORRETTIVA 18>19 FLEXIBILITY		15>18 GINNASTICA CORRETTIVA 18>19 FLEXIBILITY		20>21 KARATE€	
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#PI SCI NA	10>11 ACQUA 16.30>17.30 ACQUA		10>11 ACQUA		16>17 ACQUA	
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