



ORARIO AUTUNNO / INVERNO 24-25

PALINSESTO CORSI FITNESS



corsifitness

CROSSTRAINING
TORTONA

 **SPINNING**®

 **H.E.A.T.**
PROGRAM®

LUN-MER



ORE	LUNEDI	ORE	MARTEDI	ORE	MERCOLEDI
10.00	CIRCUIT TRAINING	13.00	PRIMITIVE FUNCTIONAL	13.00	BODY PUMP STRONG
13.00	KETTLEBELL TRAINING	19.00	CROSS TRAINING WOD	18.00	G.A.G.
13.00	PILATES	19.00	N' AEROBIC FITNESS & STEP	19.00	CROSS TRAINING WOD
18.00	TOTAL BODY	20.00	CROSS TRAINING WOD	19.10	PILATES INIZIO LEZIONE H. 19.10
19.00	STEPBOXING				
19.00	PILATES				
19.00	KETTLEBELL TRAINING				
20.00	KETTLEBELL TRAINING				

ORE	GIOVEDI	ORE	VENERDI
13.00	CROSS TRAINING WOD	10.00	CIRCUIT TRAINING
13.00	PILATES	13.00	PRIMITIVE FUNCTIONAL
18.00	FUNCTIONAL TRAINING	13.00	CROSS TRAINING TEAM
19.00	N'AEROBIC FITNESS TONE UP		
19.00	CROSS TRAINING WOD		
20.00	CROSS TRAINING WOD		

SPINNING & HEAT



ORE

LUNEDI

19.00

SPINNING

20.00

SPINNING

ORE

MARTEDI

10.00

HEAT PROGRAM

18.00

HEAT PROGRAM

19.00

HEAT PROGRAM

ORE

MERCOLEDI

19.00

SPINNING

ORE

GIOVEDI

10.00

HEAT PROGRAM

18.00

HEAT PROGRAM

19.00

HEAT PROGRAM

ORE

VENERDI

19.00

SPINNING

L'ABITUDINE CHE TI FA

STARE BENE

**B BODY &
GINNY**