

	06:30 - 22:30	06:30 - 22:30	06:30 - 22:30	06:30 - 22:30	06:30 - 22:30
	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
07:00	FAST EVO FIT Nicola '45	New! CROSS TRAINING Rubens '50	FAST EVO FIT Nicola '45	New! CROSS TRAINING Rubens '50	FAST EVO FIT Nicola '45
07:30	WALKING Antonello '45		WALKING Antonello '45		WALKING Antonello '45
08:00		New! GINN. MET. PILATES Francesca '50		New! GINN. MET. PILATES Francesca '50	
08:30	GINN. MET. PILATES Tamara '50		GINN. MET. PILATES Tamara '50		GINN. MET. PILATES Tamara '50
09:00	CALISFIT Matteo '60		CALISFIT Matteo '60		CALISFIT Matteo '60
10:00	WO-MAN FIT Nicola '45	BODY SWING Nicola '45	WO-MAN FIT Nicola '45	BODY SWING Nicola '45	WO-MAN FIT Nicola '45
12:20		New! GINN. MET. PILATES Paola '45		New! GINN. MET. PILATES Paola '45	
13:30	MET MIX CIRCUIT Paola '50	FUNCTIONAL EVO Paola '50	MET MIX CIRCUIT Paola '50	FUNCTIONAL EVO Paola '50	MET MIX CIRCUIT Paola '50
13:30	BALANCE Nicola '45		BALANCE Nicola '45		BALANCE Nicola '45
14:15		GINN. MET. PILATES Francesca '50		GINN. MET. PILATES Francesca '50	
14:30	ATHLETIC SKILLS Nicola '45		ATHLETIC SKILLS Nicola '45		ATHLETIC SKILLS Nicola '45
16:30		GAG Carlo '50		GAG Carlo '50	
16:45	WO-MAN FIT Nicola '45		WO-MAN FIT Nicola '45		WO-MAN FIT Nicola '45
17:30		WALKING Carlo '45		WALKING Carlo '45	
17:50	CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50
18:00	CROSS CARDIO Antonello '45	CALISFIT Matteo '60	CROSS CARDIO Antonello '45	CALISFIT Matteo '60	CROSS CARDIO Antonello '45
18:00	CALISFIT Matteo '60	New! CROSS TRAINING Rubens '50	CALISFIT Matteo '60	New! CROSS TRAINING Rubens '50	CALISFIT Matteo '60
18:20		ISRAELI JU JITSU Daniele '50		ISRAELI JU JITSU Daniele '50	
18:45	CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50
19:00	CALISFIT Matteo '60	CROSS TRAINING Rubens '50	CALISFIT Matteo '60	CROSS TRAINING Rubens '50	CALISFIT Matteo '60
19:00	MET MIX CIRCUIT Paola '50	GINN. MET. PILATES Tamara '50	MET MIX CIRCUIT Paola '50	GINN. MET. PILATES Tamara '50	MET MIX CIRCUIT Paola '50
19:30		PREPARAZ. KB Daniele '50		PREPARAZ. KB Daniele '50	
20:00		GINN. MET. PILATES Tamara '50		GINN. MET. PILATES Tamara '50	
20:00	FUNCTIONAL EVO Paola '50	FUNZIONALE Rubens '50	FUNCTIONAL EVO Paola '50	FUNZIONALE Rubens '50	FUNCTIONAL EVO Paola '50
20:00	CALISFIT Matteo '60		CALISFIT Matteo '60		CALISFIT Matteo '60

SALA VIRTUALE

SALA UNO

SALA FUNZIONALE

SABATO 09:00 - 17:00 DOMENICA 09:00 - 14:00



CORSI SU PRENOTAZIONE TRAMITE APP TOMMY'S MOBILE



LE LEZIONI POTRANNO ESSERE PRENOTATE A PARTIRE DA 2 GIORNI PRIMA FINO AD 1 ORA PRIMA DELLO SVOLGIMENTO.
LE LEZIONI CON MENO DI 3 PARTECIPANTI SARANNO ANNULLATE E NON RECUPERABILI.



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