





ORARIO DISCIPLINE ADULTI



















LUNEDI	MARTEDI	MERCOLEDI	GIOVEDÌ	VENERDÌ
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09-11	 9,30-10,30 TONIFICAZIONE			 9,30-10,30 TONIFICAZIONE
	 10,35-11,35 pilates			 10,35-11,35 pilates


12,45-13,45	 pilates	 BRUCIA GRASSI TOTAL BODY	 pilates	 BRUCIA GRASSI TOTAL BODY
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18-19		 BRUCIA GRASSI TOTAL BODY		 18,30-19,30 AERIAL HOOP
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19-20	 19,15-20,00 STEP +G.A.G.	 19,00-19,45 pilates	 19,15-20,15  ZUMBA +G.A.G.	 19,00-19,45 pilates	 19,15-20,15  ZUMBA +G.A.G.
	 AERIAL HOOP		 POLE DANCE	 19,15-20,00 STEP +G.A.G.	 19,30-20,30 POLE DANCE
			19,30-20,30 YOGA 		

20-21	20,00-21,30 BOXE 	20,00-21,30 BOXE & KICK 	20,00-21,30 BOXE 	20,00-21,30 BOXE & KICK 	20,00-21,30 BOXE 
	 AERIAL HOOP	 20,00-20,45 FIT BOXE 	19,30-21,00 KARATE Over 14 	 20,00-20,45 FIT BOXE 	19,30-21,00 KARATE Over 14 
	20,00-21,30 TAI CHI CHI KUNG 	20,00-21,15 KUNG FU TANG LANG 	 POLE DANCE	 TESSUTI AEREI Over 14	20,30-21,30 KUNG FU TANG LANG 
				20,15-21,45 TAI CHI MARZIALE 	

21-22	 AERIAL HOOP OPEN	 POLE DANCE OPEN
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 = brucia grassi

Via Ticino 2 – Senna Comasco (CO) - Tel. 031-560330

www.freestylesportingclub.it - asd.freestyle@yahoo.com

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