

PROGRAMMAZIONE SETTIMANALE CORSI

LUN	MAR	MER	GIO	VEN	SAB
09.00 BIKE BURN	07.15 MORNING BURN 30"	09.00 BODY CONDITIONING	07.15 MORNING BURN 30"	07.15 MORNING BURN 30"	10.00 GAINER
09.00 BODY LAB	09.00 PILATES	10.00 SPINNING	09.00 CROSS TRAINING	09.00 PILATES	DOM
13.00 BIG BACK 30"	13.00 BODY LAB	13.00 PILATES	13.00 BIG BACK 30"	09.15 BIKE BURN	13.00 GAINER
13.30 GLUTES SCULPT 30"	17.30 BURN 30"	13.00 SPINNING	13.30 GLUTES SCULPT 30"	13.00 PILATES	
17.30 BURN 30"	18.00 ABS 30"	17.30 BURN 30"	17.30 BURN 30"	13.00 TRX LAB	
18.00 ABS 30"	18.30 TRX 45"	18.00 ABS 30"	18.00 ABS 30"	17.30 BURN 30"	
18.30 HIIT PRO	19.30 KICK BOXING	18.30 HIIT PRO	18.30 STRETCHING	18.00 ABS 30"	
19.00 SPINNING	20.00 DIFESA PERSONALE (CHIEDI AL DESK)	19.30 SPINNING CHOREO	19.00 SPINNING	18.30 TRX 45"	
19.30 BOXE		19.30 BOXE	19.30 KICK BOXING		

SU PRENOTAZIONE:

PERSONAL TRAINER // GOFLO TRAINER // BODYTEC
TRAINER // CRIOSAUNA // REAL VT (VIRTUAL TRAINER)

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