

FITCLASS

TAILORED WORKOUT

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:00 - 7:50	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	
7:50 - 8:40	TAILORED WORKOUT	POWER PILATES	TAILORED WORKOUT	POWER PILATES	TAILORED WORKOUT	09:10- 10:00 LIGHT PILATES
						10:30 - 11:20 TAILORED WORKOUT
						11:20 - 12:10 TAILORED WORKOUT
12:20 - 13:10	TAILORED WORKOUT	TAILORED WORKOUT		TAILORED WORKOUT	TAILORED WORKOUT	12:10 - 13:00 TAILORED WORKOUT
13:10 - 14:00	TAILORED WORKOUT	TAILORED WORKOUT	POWER PILATES	TAILORED WORKOUT	TAILORED WORKOUT	
17:40 - 18:30	POWER PILATES			LIGHT PILATES		
18:30 - 19:20	POWER PILATES	TAILORED WORKOUT	TAILORED WORKOUT	LIGHT PILATES	TAILORED WORKOUT	
19:20 - 20:10	TAILORED WORKOUT	LIGHT PILATES	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	
20:10 - 21:00	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT		
21:00 - 21:50	TAILORED WORKOUT	TAILORED WORKOUT				

PERSONAL TRAINER

INDIVIDUALI: 40€ / lezione

DI COPPIA: 50€ / lezione

Pacchetti CORSI

Iscrizione Annuale €25

Nr. Lezioni	Prezzo	Scadenza (mesi)
1	17.00 €	1
5	75.00 €	3
10	135.00 €	6
20	245.00 €	12
40	450.00 €	

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