

MAXIFIT

RHO

CORSI FITNESS

2023/2024

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
10:45 YOGA DINAMICO		10:00 POSTURAL		10:00 BODY TONIC	10:00 FUNCTIONAL	
12:45 MAXI TONIC	11:00 PILATES	10:50 TOTAL BODY	11:00 POWER FLEXI	10:50 PILATES		11:00 INDOOR CYCLING
	12:45 GAG	12:45 INDOOR CYCLING	12:45 PILATES	12:45 POSTURAL		
18:30 MAXI PUMP						
18:30 INDOOR CYCLING	18:30 PILATES	18:45 HIIT	18:30 MAXI TOTAL BODY	18:30 FAT KILLER		
19:20 FIT BOXE	19:15 INDOOR CYCLING	19:30 MAXI STEP	19:00 INDOOR CYCLING	18:30 INDOOR CYCLING		
19:30 INDOOR CYCLING	19:20 LOWER BODY TONIC	19:30 INDOOR CYCLING	19:15 STEP TONE	19:00 ABS		
20:00 MAXI LATINO	20:00 ABS KILLER		20:00 FLEX	19:40 PILATES		

Il corso di Spinning verrà svolto nella sala 2

 02.30 06 50 28

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 www.maxifit.it