

MAXIFIT

BOLLATE

CORSI FITNESS

2023/2024

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:30 PILATES	9:30 MAXI GAG	9:30 PILATES	9:30 MAXI TOTAL BODY	9:30 SOFT STEP		
12:45 MAXI FULL BODY	10:15 MAXI STRETCH	12:45 MAXI PUMP	10:15 MAXI STRETCH	12:45 MAXI FAT KILLER	10:00 MAXI TONIC	10:00 INDOOR CYCLING
	12:45 INDOOR CYCLING		12:45 MAXI INTERVAL TRAINING			
18:45 MAXI GAG	18:45 MAXI FAT KILLER	18:30 MAXI GAG	18:30 MAXI TONIC	18:30 MAXI STEP TONIC		
19:00 INDOOR CYCLING	19:15 INDOOR CYCLING	19:00 INDOOR CYCLING	19:15 INDOOR CYCLING	19:00 INDOOR CYCLING		
19:30 PILATES	19:30 MAXI TOTAL TONE SYSTEM	19:15 MAXI PUMP	19:15 PILATES	19:15 MAXI PILAFLEX		
20:15 MAXI FIT BOXE			20:00 ZUMBA			

Il corso di Indoor Cycling verrà svolto nella sala 2



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