

MAXIFIT **BOLLATE**

Planning corsi

2022/2023

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
09:30	PILATES	MAXI G.A.G.	MAXI FULL BODY	MAXI FAT KILLER	MAXI PUMP
12:45	MAXI FULL BODY	MAXI INDOOR CYCLING	MAXI PUMP	MAXI INTERVAL TRAINING	MAXI FAT KILLER
18:30		MAXI HIT	MAXI G.A.G.	PILATES	MAXI FULL BODY
18:45	MAXI G.A.G.				
19:00	MAXI FUNCTIONAL TRAINING				MAXI FULL BODY
	MAXI INDOOR CYCLING		MAXI INDOOR CYCLING		MAXI INDOOR CYCLING
19:30	PILATES	MAXI ABDOMINAL	MAXI PUMP	ZUMBA	MAXI PUMP
		MAXI INDOOR CYCLING		MAXI INDOOR CYCLING	
20:15	MAXI FIT BOXE				

- S1** I corsi "in NERO" si terranno nello STUDIO 1
- S2** I corsi "in ROSSO" si terranno nello STUDIO 2
- AF** I corsi "in GRIGIO" si terranno nell'Area Functional