EMAIL segreteria.ifit@gmail.com

ORARIO APERTURA dal LUNEDI' al VENERDI' 7.00 - 22.30 SABATO 9.00 - 18.00 DOMENICA 10.00 - 15.00

ORARIO ATTIVITA' PALINSESTO CLUB SVIZZERA DAL 4/9/2017 AL 30/6/2018

SITO www.ifitpalestre.it

*** lezioni a prenotazione tramite applicazione fino a 3h prima della lezione**

LUNEDI			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO		
STUDIO 1	STUDIO 2	SPINNING	STUDIO 1	STUDIO 2	SPINNING	STUDIO 1	STUDIO 2	SPINNING	STUDIO 1	STUDIO 2	SPINNING	STUDIO 1	STUDIO 2	SPINNING	STUDIO 1	STUDIO 2	SPINNING
				07.30-8.30 FUNCTIONAL						07.30-08.30 IFIT CROSS **							
9.00 -10.00 IFIT TONE			09.00-10.00 PILATES			9.00-10.00 IFIT TONE			9.00-10.00 POSTURAL			9.00 -10.00 IFIT TONE				10.15-11.45 YOGA	
10.00-10.45 PILATES			10.00- 10.45 COREO TONE			10.00-10.45 POWER YOGA			10.30-11.30 MOVIMENTO LATINO	10.00 -11.00 M.T.T.		10.00-11.00 ZUMBA TONE				12.00-13.00 I FIT CROSS *	
13.00 - 14,00 EASY STEP		13.15 -14.15 SPINNING *	13.00-14.00 TONE UP	13.00-14.00 I FIT CROSS *		13.00-14.00 FIT BOXE	13.00-14.00 SPINNING *		13.00-14.00 PILATES	13.00-14.00 I FIT CROSS *	13.15 -14.15 SPINNING *	13.00-14.00 TRX CIRCUIT *		13.00-14.00 WALKING *	13.00-14.00 MUSCOLAR POWER		13.15 -14.15 SPINNING *
			16.30-17.30 POSTURAL										16.30-17.30 POSTURAL				
17.00-18.00 ZUMBA						17.00 - 18.00 MOVIMENTO LATINO			17.00-18.00 MOVIDA			16.45-17.45 MOVIMENTO LATINO					
			17.30-18.30 ZUMBA TONE										17.30-18.00 GLUTEUS SCULPT				
18.00-19.00 TOTAL BODY	18.00-19.00 I FIT CROSS *				18.00-19.00 SPINNING *	18.00-19.00 TOTAL BODY			18.00-19.00 PILATES	18.00-19.00 TRX *		18.00-19.00 STEP			DOMENICA		
			18.30 - 19.30 STEP	18.30-19.30 TRX *				18.30-19.30 SPINNING *						18.45-19.45 SPINNING			
19.00-19.45 TONE-UP	19.00-20.00 WALKING *				19.30-20.30 SPINNING *	19.00-20.00 PILATES			19.00-20.00 FUNCTIONAL STEP	19.00-20.00 WALKING *	19.30-20.00 SPINNING *	19.00-19.45 TONE UP	19.00-20.00 TRX *				
19.45-20.45 FIT BOXE	20.00-21.00 PILATES	19.30-20.30 SPINNING *	19.30-20.30 YOGA FLEX	19.30-20.30 I FIT CROSS *		20.00-21.00 TONE UP	19.30-20.30 IFIT CROSS *		20.00-21.00 TOTAL BODY	20.00-21.00 I FIT CROSS *	20.00-21.00 SPINNING *	20.00- 21.00 FIT BOXE					
20.45 - 21.30 POWER YOGA			20.30-22.00 KRAV MAGA **	20.30-21.30 I FIT CROSS *			20.30-21.30 TRX *										