SERVIZIO PERSONAL TRAINER
SU RICHIESTA
BOX CON COACH SEMPRE PRESENTE

MUSCLE STREET
CrossFit & Calisthenics

Lunedì - Mercoledì - Venerdì *h. 7-22*
Martedì e Giovedì *h. 09-22*
Sabato *h. 10-16*

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
Ora	*Corso*	*Ora*	*Corso*	*Ora*	*Corso*	*Ora*	*Corso*	*Ora*	*Corso*	*Ora*	*Corso*
07:00 - 08:00	CROSSFIT			07:00 - 08:00	CROSSFIT			07:00 - 08:00	CROSSFIT	10:00 - 16:00	OPEN GYM
08:30 - 09:30	CROSSFIT	09:00 - 10:00	CROSSFIT	08:30 - 09:30	CROSSFIT	09:00 - 10:00	CROSSFIT	08:30 - 09:30	CROSSFIT	10:00 - 16:00	SALA BODY BUILDING
10:00 - 11:00	CALISTHENICS	10:00 - 11:00	CROSSFIT	10:00 - 11:00	CALISTHENICS	10:00 - 11:00	CROSSFIT	10:00 - 11:00	CALISTHENICS	11:00 - 12:00	CROSSFIT
10:00 - 18:00	OPEN GYM	10:00 - 21:30	OPEN GYM	10:00 - 18:00	OPEN GYM	10:00 - 21:30	OPEN GYM	10:00 - 18:00	OPEN GYM	12:00 - 13:00	CALISTHENICS
10:00 - 21:30	SALA BODY BUILDING	10:00 - 21:30	SALA BODY BUILDING	10:00 - 21:30	SALA BODY BUILDING	10:00 - 21:30	SALA BODY BUILDING	10:00 - 21:30	SALA BODY BUILDING	14:00 - 15:00	STREETWORK
13:30 - 14:30	CROSSFIT	13:30 - 14:30	CALISTHENICS	13:30 - 14:30	CROSSFIT	13:30 - 14:30	CALISTHENICS	13:30 - 14:30	CROSSFIT		
17:00 - 18:00	CROSSFIT	17:00 - 18:00	CALISTHENICS	17:00 - 18:00	CROSSFIT	17:00 - 18:00	CALISTHENICS	17:00 - 18:00	CROSSFIT		
18:00 - 19:00	CALISTHENICS	18:00 - 19:00	STREETWORK	18:00 - 19:00	CALISTHENICS	18:00 - 19:00	STREETWORK	18:00 - 19:00	CALISTHENICS		
19:00 - 20:00	CROSSFIT	19:00 - 20:00	CROSSFIT	19:00 - 20:00	CROSSFIT	19:00 - 20:00	CROSSFIT	19:00 - 20:00	CROSSFIT		
20:00 - 21:00	CALISTHENICS			20:00 - 21:00	CALISTHENICS			20:00 - 21:00	CALISTHENICS		
20:00 - 21:30	OPEN GYM	20:30 - 21:30	CROSSFIT	20:00 - 21:30	OPEN GYM	20:30 - 21:30	CROSSFIT	20:00 - 21:30	OPEN GYM		
20:30 - 21:30	CROSSFIT			20:00 - 21:00	WEIGHTLIFTING						

LE LEZIONI ANDRANNO PRENOTATE TRAMITE APPOSITA APP. PALESTRE

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