

	STUDIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
09:00	SALA ATTREZZI		ALTA PERFORMANCE		ALTA PERFORMANCE			
09:00	STUDIO 1					BUM BUM TRAINING		
09:30	STUDIO 1				GRIT			
09:30	STUDIO 1	BUM BUM TRAINING	CX WORX	TABATA			PILATES	
10:00	STUDIO 1		PILATES ADVANCED		PILATES ADVANCED	POSTURAL MÉZIERÈS		
10:30	STUDIO 1	POSTURAL MÉZIERÈS						
11:00	SALA ATTREZZI		FUNCTIONAL	ALTA PERFORMANCE				
11:00	STUDIO 1		PILATES BASIC	SOCIAL DANCE	PILATES BASIC	SOCIAL DANCE		
11:30	STUDIO 1	TABATA						
12:00	SALA ATTREZZI		ALTA PERFORMANCE					
12:00	STUDIO 1			SOCIAL DANCE		SOCIAL DANCE		
14:00	SALA ATTREZZI			ALTA PERFORMANCE				
14:00	STUDIO 1							
17:00	STUDIO 1	PILATES	SOCIAL DANCE		H.I.I.T.	FUNCTIONAL		
17:30	STUDIO 1			BODY BALANCE				
18:00	STUDIO 1	CX WORX	JUST JUMP		SOCIAL DANCE	PILATES		
18:30	STUDIO 1			CX WORX				
19:00	STUDIO 1	BODY PUMP	H.I.I.T.		JUST JUMP	BODY PUMP		
19:30	STUDIO 1			GRIT				
20:00	STUDIO 1		POSTURAL MÉZIERÈS		POSTURAL MÉZIERÈS			
20:30	SALA ATTREZZI	ALTA PERFORMANCE		ALTA PERFORMANCE		ALTA PERFORMANCE		

ORARIO CORSI 2019/2020

TONIFICAZIONE

DIMAGRIMENTO



POTENZIAMENTO

EQUILIBRIO FLESSIBILITA'

IMPERIAL
FORMA MENTIS GYM

CASORIA Via Taverna Rossa 153/A - Tel. 081 738 68 99


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  Imperial Casoria

Lun/Ven 06:00/24:00

Sabato 08:00/19:00

Domenica 08:00/13:00

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