







PLANNING CORSI
dal 3 settembre 2018

PLANNING SALA SMALL GROUP (dal 10/9)

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:00	TONIFICAZIONE E MOBILITÀ Sarah	YOGA Roberta	GINNASTICA POSTURALE Sarah	YOGA Roberta	GINNASTICA POSTURALE Sarah	YOGA Roberta
10:30		GINNASTICA DOLCE Sarah		GINNASTICA DOLCE Sarah		TOTAL BODY WORKOUT (sala training ore 10)
13:00	TOTAL BODY WORKOUT Gessica	PILATES Sarah	TOTAL BODY WORKOUT Sarah	PILATES Sarah	TOTAL BODY WORKOUT Sarah	
17:30	GINNASTICA POSTURALE Sarah		PILATES Sarah		GINNASTICA POSTURALE Sarah	
18:00		TOTAL BODY WORKOUT Gessica		TOTAL BODY WORKOUT Gessica		
18:30	TOTAL BODY WORKOUT Sarah		TOTAL BODY WORKOUT Gessica		TOTAL BODY WORKOUT Sarah	
19:00		YOGA Anca (55')		YOGA Anca (55')		
19:30	YOGA Roberta		YOGA Roberta		YOGA Roberta	
20:00		YOGA Anca		YOGA Anca		

 Ginnastica Dolce 60'	 Yoga 75'	 Total Body Workout 50'
 Ginnastica Posturale 50/60'	 Pilates 50'	 Tonificazione e Mobilità 60'

corsi su prenotazione - classi da max 8 persone

FIT & JOY

TRAINING CLUB

Via Medaglie d'Oro 2/a FAENZA - 0546 668436
www.fitandjoy.com - info@fitandjoy.com



FitandJoyFaenza



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PLANNING SALA TRAINING

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:00	METABOLIC TRAINING Tiziano		METABOLIC TRAINING Gessica		METABOLIC TRAINING Tiziano	
8:00	SALA OPEN Tiziano	SALA OPEN Gessica	SALA OPEN Nicola	SALA OPEN Gian Paolo	SALA OPEN Tiziano	
9:00	SALA OPEN Tiziano	SALA OPEN Gessica	SALA OPEN Nicola	SALA OPEN Gian Paolo	SALA OPEN Tiziano	
10:00	SALA OPEN Tiziano	SALA OPEN Gessica	SALA OPEN Nicola	SALA OPEN Gian Paolo	SALA OPEN Tiziano	TOTAL BODY WORKOUT
11:00	SALA OPEN Tiziano	SALA OPEN Gessica	SALA OPEN Nicola	SALA OPEN Gian Paolo	SALA OPEN Tiziano	SPORT TRAINING
12:00	SALA OPEN Tiziano	SALA OPEN Gessica	SALA OPEN Nicola	SALA OPEN Gian Paolo	SALA OPEN Tiziano	STRONG GARAGE
13:00	SPORT TRAINING Filippo	SALA OPEN Gessica	SPORT TRAINING Nicola	SALA OPEN Gian Paolo	SPORT TRAINING Filippo	
14:00	SALA OPEN Marco	SALA OPEN Marco	SALA OPEN Tappo	SALA OPEN Marco	SALA OPEN Filippo	
15:00	SALA OPEN Marco	SALA OPEN Marco	SALA OPEN Tappo	SALA OPEN Marco	SALA OPEN Filippo	
16:00	CALISTHENICS Marco	SALA OPEN Marco	CALISTHENICS Tappo	SALA OPEN Marco	CALISTHENICS Tappo	
17:00	BEGINNER WORKOUT Gian Paolo	SALA OPEN Marco	BEGINNER WORKOUT Gessica	SALA OPEN Marco	BEGINNER WORKOUT Gessica	
18:00	STRONG GARAGE Gian Paolo	SPORT TRAINING Filippo	STRONG GARAGE Gian Paolo	SPORT TRAINING Nicola	STRONG GARAGE Gian Paolo	
19:00	STRONG GARAGE Gian Paolo	SPORT TRAINING Filippo	STRONG GARAGE Gian Paolo	SPORT TRAINING Nicola	STRONG GARAGE Gian Paolo	
20:00	STRONG GARAGE Gian Paolo	CALISTHENICS Marco	STRONG GARAGE Gessica	CALISTHENICS Marco	STRONG GARAGE Gessica	