

PLANNING CORSI

LUNEDI'

7:45
Shape & Tone

9:00
Stretching*

10:30
Pancafit

13:00
Zumba

19:00
Suspension Workout

19:30
Pilates Reformer

20:45
Advanced Pilates

MARTEDI'

9:00
Circuit Training

10:00
Shape & Tone

13:00
Advanced Pilates

18:00
Boxe Junior

19:30
Fit Boxe

20:30
Pilates Matwork

MERCOLEDI'

10:00
Pilates Matwork

11:00
Stretching*

13:00
Circuit Training

19:30
Pilates Reformer

20:00
Kettlebell Training

20:45
Advanced Pilates

GIOVEDI'

8:00
Shape & Tone

9:00
Circuit Training

10:00
Advanced Pilates

13:00
Circuit Training

15:00
Free Fit Functional

18:00
Boxe Junior

19:00
Pilates Matwork

19:30
Spartan Training

20:00
Zumba

VENERDI'

7:30
Pilates Reformer

13:00
Fitness Sensation

19:00
Suspension Workout

SABATO

11:00
Pre-Skiing

DOMENICA

11:00
Pancafit

Romans Club - www.romansclub.com

PER TUTTI I CORSI E' RICHIESTA LA PRENOTAZIONE

*corso dalla durata di 30 min