

**SPARRING  
PARTNER**



FITNESS CENTER • BOXING GYM

# ORARIO CORSI 2023 - 2024

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
<b>Circuit Training</b> 8.00 - 10.00	<b>Pilates Matwork</b> 8.00 - 9.00	<b>Circuit Training</b> 8.00 - 10.00	<b>Pilates Matwork</b> 8.00 - 9.00	<b>Circuit Training</b> 8.00 - 10.00	
<b>Prepugilistica</b> 10.30 - 11.30	<b>Pilates Matwork</b> 9.15 - 10.15	<b>Prepugilistica</b> 10.30 - 11.30	<b>Pilates Matwork</b> 9.15 - 10.15	<b>Prepugilistica</b> 10.30 - 11.30	<b>Boxe</b> 11.30 - 12.30
<b>Circuit Training</b> 13.00 - 14.00	<b>Prepugilistica</b> 13.30 - 14.30	<b>Circuit Training</b> 13.00 - 14.00	<b>Prepugilistica</b> 13.30 - 14.30	<b>Circuit Training</b> 13.00 - 14.00	<b>Boxe</b> 14.00 - 15.00
<b>Kickboxing Junior</b> 16.45 - 17.45	<b>Boxe Junior</b> 16.45 - 17.45	<b>Kickboxing Junior</b> 16.45 - 17.45	<b>Boxe Junior</b> 16.45 - 17.45	<b>Kickboxing Junior</b> 16.45 - 17.45	
<b>Kickboxing</b> 18.00 - 19.00	<b>Boxe</b> 18.00 - 19.00	<b>Kickboxing</b> 18.00 - 19.00	<b>Boxe</b> 18.00 - 19.00	<b>Kickboxing</b> 18.00 - 19.00	
<b>Kickboxing</b> 19.30 - 20.30	<b>Boxe</b> 19.30 - 20.30	<b>Kickboxing</b> 19.30 - 20.30	<b>Boxe</b> 19.30 - 20.30	<b>Kickboxing</b> 19.30 - 20.30	
<b>Kickboxing</b> 20.45 - 21.45	<b>Boxe</b> 20.45 - 21.45	<b>Kickboxing</b> 20.45 - 21.45	<b>Boxe</b> 20.45 - 21.45	<b>Kickboxing</b> 20.45 - 21.45	

**DAL LUNEDÌ AL VENERDÌ 8.00 - 22.00**

**SABATO 10.00 - 17.30**

**DOMENICA chiuso**