

MASTER GYM CLUB società sportiva dilettantistica a rl

LUNEDI 27/12 e 03/01		MARTEDI 28/12 e 04/01		MERCOLEDI 29/12 e 05/01		GIOVEDI 30/12		VENERDI 07/01		SABATO 08/01	
ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'	ORARIO	ATTIVITA'
09.30-10.30	WOD			09.15-09.45	PANCAFIT GROUP						
09.30-09.45	CORE	09.45-10.30	PILATES	09.30-10.30	WOD	09.45-10.30	POSTURAL FUSION	09.15-10.15	INDOOR CYCLING	09.45-10.30	PILATES
09.45-10.30	WALKING PROGRAM	11.00-12.00	WOD	09.45-10.30	X-WOMEN	11.00-12.00	WOD	09.30-10.30	WOD	10.00-11.00	WOD
10.30-12.00	OPEN BOX			10.30-12.00	OPEN BOX			10.30-12.00	OPEN BOX	10.30-11.15	CRAB BEAT
10.30-11.00	PANCAFIT GROUP									11.00-13.30	OPEN BOX
12.15-13.15	WOD	12.15-13.15	WOD	12.15-13.15	WOD	12.15-13.15	WOD	12.15-13.15	WOD	DOMENICA 09/01	
12.45-13.30	FUNCTIONAL TRAINING			12.45-13.30	PILATES	12.45-13.30	WALKING PROGRAM			ORARIO	ATTIVITA'
18.00-19.00	WOD	18.30-19.30	WOD	18.00-19.00	WOD	18.00-19.00	WOD	18.30-19.30	WOD	10.30-11.30	OPEN WOD
18.40-19.20	WALKING PROGRAM	18.40-19.20	FUNCTIONAL TRAINING	18.40-19.20	FBS SEVEN	18.40-19.20	WALKING PROGRAM	18.40-19.20	FLYING		
19.00-20.00	WOD	18.45-19.15	PANCAFIT GROUP	19.00-20.00	WOD	19.00-20.30	OPEN BOX	18.45-19.15	PANCAFIT GROUP		
19.20-20.00	STEP	19.15-20.15	INDOOR CYCLING	19.20-20.00	BUNGEE FLY	19.20-20.00	PILATES	19.20-20.00	WALKING PROGRAM	SALA FUOCO	
20.00-21.00	WOD	19.20-20.00	PILATES	19.45-20.45	INDOOR CYCLING	20.00-20.30	PANCAFIT GROUP	19.30-20.30	OPEN BOX	SALA NUVOLO	
20.00-20.30	PANCAFIT GROUP	19.30-20.30	OPEN BOX	20.00-21.00	WOD	20.00-20.40	FUNCTIONAL ENDURANCE	20.00-20.40	FUNCTIONAL ENDURANCE	SALA ARIA	
20.00-20.40	BUNGEE FLY	20.00-20.40	CRAB BEAT	20.00-20.40	WALKING PROGRAM	20.30-21.30	WOD	20.30-21.30	WOD	BOX CrossFit	
		20.30-21.30	WOD								

rimani aggiornato sulle news e consulta gli orari del club per il periodo natalizio in reception e su:

*tanti auguri di
un felice Natale
dal team di*

www.ilquintoseitu.it

facebook.com/quintoelementovenegono