



ACTIVE Fitness & Sport
P.le Italia 26/27 – 51016 Montecatini Terme
Tel: 0572 904090



info@activefitness.it www.activefitness.it



ora	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.15	PILATES 60'	TOTAL BODY 45'	CIRCUITO 60'	TREKK 45'	BRUCIA GRASSI 60'	
10.30	/	3^ ETA' 30/45'	PILATES 60'	3^ ETA' 30/45'	Active Back Progr. 45'	SPIN 60'
13.15	TREKK 45'	SPIN 60'	BRUCIA GRASSI 60'	POWER YOGA 60'	PILATES 60'	
					A.F.F. 45'	
16.00	CORPO LIBERO 60'	TREKK 45'	BRUCIA GRASSI 60'	CIRCUITO 60'	CORPO LIBERO 60'	
17.15	BODY SCULPT 45'	PILATES 60'	UP & DOWN 45'	PILATES 60'	BRUCIA GRASSI 45'	
18.00	ADDOMINALI 30'	/	ADDOMINALI 30'	/	ADDOMINALI 30'	
18.45	TREKK 45'	Active CROSS 45'	Fit Boxe 45'	STEP TONE 45'	TOTAL BODY 45'	
			A.F.F. 45'			
19.30	ADDOMINALI 30'	ADDOMINALI 30'	G.A.G 30'	ADDOMINALI 30'	ADDOMINALI 30'	
20.15	UP & DOWN 45'	/	TREKK 45'	SPIN 60'	/	

ORARIO CORSI

OTTOBRE 2019