

MINI CLASSI AREA QUEENAX SALA FITNESS

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

10:00 - 10:15
TRX
ROBERTO

10:00 - 10:15
CIRCUITO
LUCA

10:00 - 10:15
QUEENAX EX.
ROBERTO

10:00 - 10:15
TRX
LUCA

10:00 - 10:15
STRETCH
MATTEO

12:00 - 12:15
FUNCTIONAL
FRANCESCO

12:00 - 12:15
TRX
MATTEO

12:00 - 12:15
CIRCUITO
SALVATORE

11:00 - 11:15
FUNCTIONAL
FRANCESCO

12:00 - 12:15
TRX
MATTEO

14:00 - 14:15
TRX
FRANCESCO

14:00 - 14:15
QUEENAX EX.
SALVATORE

14:00 - 14:15
STRETCH
SALVATORE

13:00 - 13:15
CIRCUITO
MAURIZIO

14:00 - 14:15
FUNCTIONAL
FRANCESCO

16:00 - 16:15
RELAX ZONE
SALVATORE

16:00 - 16:15
TRX
SALVATORE

16:00 - 16:15
FUNCTIONAL
SALVATORE

15:00 - 15:15
QUEENAX EX.
ROBERTO

15:45 - 16:00
QUEENAX EX.
CLAUDIA

18:15 - 18:30
KETTLEBELL
EZIO

18:15 - 18:30
CIRCUITO
MATTEO

18:15 - 18:30
TABATA
EZIO

17:00 - 17:15
CIRCUITO
MAURIZIO

18:15 - 18:30
FUNCTIONAL
EZIO

20:00 - 20:45
FUNCTIONAL
EZIO

20:00 - 20:15
FUNCTIONAL
ROBERTO

20:00 - 20:15
QUEENAX EX.
FEDERICA

19:00 - 19:15
KETTLEBELL
MATTEO

20:00 - 20:15
QUEENAX EX.
FEDERICA

21:00 - 21:15
TRX
MATTEO

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