ORARI STAGIONE 2021 - 2022				
lunedi	**martedi**	**mercoledì**	**giovedì**	**venerdì**
GINNASTICA POSTURALE **PILATES** **08.30 - 09.30**	YOGA 08.20 - 09.20	**PANCAFIT** **08.30 - 09.30**	**GINNASTICA POSTURALE** **PILATES** **09.00 - 10.00**	PANCAFIT 08.30 - 09.30
GINNASTICA POSTURALE **PILATES** **09.30 - 10.30**	YOGA 09.20 - 10.20	PANCAFIT 09.30 - 10.30	**GINNASTICA POSTURALE** **PILATES** **10.00 - 11.00**	PANCAFIT 09.30 - 10.30
PERSONAL GROUP CLASS MIN 3 PERS MAX 5 PERS 11.00 - 17.00	SWITCHING FAST FAT 12.45 - 13.35	PANCAFIT 10.30 - 11.30	SWITHCING FAST FAT 12.45 - 13.45	PERSONAL GROUP CLASS MIN 3 PERS MAX 5 PERS 11.00 - 17.00
PILATES BASE **17.20 - 18.20**	SWITCHING FAST FAT 17.00 -17.50	**PILATES BASE** **17.20 - 18.20**	PILATES BASE 17.00 - 17.50	SWITCHING FAST FAT 17.00 - 17.50
PILATES ACTIVE **18.20 - 19.20**	**SWITHCING FAST FAT** **17.50 - 18.40**	**PILATES ACTIVE** **18.20 - 19.20**	**PILATES ACTIVE** **17.50 - 18.40**	**SWITCHING FAST FAT** **17.50 - 18.40**
PILATES AVANZATO **19.20 - 20.20**	SWITCHING FAST FAT 18.40 - 19.30	**PILATES AVANZATO** **19.20 - 20.20**	YOGA 18.30 - 19.30	SWITCHING FAST FAT 19.30 - 20.20

Sala Cardio Fitness aperta dal lunedì al venerdì dalle ore 08.00 alle ore 21.00
Il sabato dalle ore 09.30 alle ore 13.30 fino al 28/05/22

FitForLife via Maggior Piovesana, 146/D 31015 Conegliano TV - Tel. 0438 415057 - fitforlifeconegliano@gmail.com - www.fitforlife.it

fitforlife centro wellness

IL CENTRO WELLNESS PENSATO E CREATO PER SOLE DONNE