

FIVE SSD a RL - JOYFIT.IT

JOYFIT via Pertini 2, 22071 Cadorago

Tel:031903919 info@joyfit.it

MATTINO

MEZZOGIORNO

SERA

<u>LUNEDI'</u>		<u>MARTEDI'</u>		<u>MERCOLEDI'</u>		<u>GIOVEDI'</u>		<u>VENERDI'</u>		<u>SABATO</u>
STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1/2
BODY TONIC 9.15-10.15	PILATES 10.30-11.30	TOTAL TRAINING 9.30-10.30		G.A.G. 9.15-10.15		BODY TONIC 9.15-10.15	PILATES 10.30-11.30	TOTAL TRAINING 9.30-10.30		PILATES 9.30-10.30
STRETCHING 10.15-10.30		STRETCHING 10.30-11.00	ZUMBA 11,00-12,00	STRETCHING 10.15-10.45	SWEET FIT 10.45-11.45	STRETCHING 10.15-10.30		STRETCHING 10.30-11.00	ZUMBA 11,00-12,00	AIKIDO 10.30 - 12.30
ADDOMINALI 12.30-12.45				ADDOMINALI 12.30-12.45				ADDOMINALI 12.30-12.45		
G.A.G. 12.45-13.45		PILATES 12.45-13.45		EASY STEP 12.45-13.45		PANCAFIT 12,30-13,30		G.A.G. 12.45-13.45		SPINNING 14.30-15.30
										GRAPPLING 15.00-17.00
UPPER TRAINING 18.15-18.45	KICK BOXE 17.50-18.50 18.50-19.50	ALL FOR TONE 18.30-19.00	PANCAFIT 18.30-19.30	UPPER TRAINING 18.15-18.45	KICK BOXE 17.50-18.50 18.50-19.50	ALL FOR TONE 18.30-19.00	CORE AND TONE 17.00-18.00	AERO PUMP 18.45-19.45	SPINNING 19.00-20.00	DOMENICA
AERO G.A.G. 18.45-19.45	SPINNING 20.00-21.00	ONE STEP IN DANCE 19.00-20.00	STRIDING 20,00-21,00	AERO G.A.G. 18.45-19.45	SPINNING 20.00-21.00	ONE STEP IN DANCE 19.00-20.00	PANCAFIT 18.30-19.30		SPINNING 20.00-21.00	VEDI PROGRAMMA MENSILE 10.30-11.30
TOTAL TRAINING 19.45-20.30	SPINNING 21.00-22.00	PILATES 20.00-21.00		TOTAL TRAINING 19.45-20.30	SPINNING 21.00-22.00	PILATES 20.00-21.00	STRIDING 20,00-21,00			SPINNING 10.30-11.30
DIFESA PERSONALE 21.00-22.15		ZUMBA 21,00-22,00		GRAPPLING 20.45-22.00		DIFESA PERSONALE 21.00-22.15		ZUMBA 21,00-22,00		
JUNIOR		DANZA MODERNA		Martedì (grandi) 17:30-18.30 Venerdì (piccole)16.30-17.30 (grandi)17.30-18.30						
		JUDO		Lunedì _ Giovedì 17.00-18.00						

Lunedì-Venerdì:9.00/22.30 Sabato:9.00/18.00 Domenica:9.00/13.00