

PISCINA COMACCHIO dal 9 settembre 2024

GINNASTICA IN PALESTRA
m= metodo di allenamento



LUN MAR MER GIO VEN SAB

09:10

m: PILATES

09:10 10:00

m: PILATES m:FULL BODY

13:30

m:FULL BODY

13:30

m: TONIC& TRINING

13:30

m:FULL BODY

16:55

m: POWER PUMP

16:55

m: POWER PUMP

16:55

m: POWER PUMP

16:55

m: TOTAL BODY

17:45

m: TOTAL BODY

17:45

m: GAG

17:45

m: ABS+ MINI BOTI

17:45

m: POWER PUMP

18:40

m: GAG

18:30

m: ABS+ MINI BOTI

18:40

m: GAG

18:30

m:PILATES

19:30

m: PILATES

19:30

m:FULL BODY

19:30

m:PILATES

19:30

m:FULL BODY

19:15

m: TONIC& TRINING