













PRIME®





EXCLUSIVE WELLNESS

WORKOUT

LUNEDÌ	13.15-14.10 WG CYCLING 	19.00-19.50 WG CYCLING NO LIMITS 						
MARTEDÌ	13.15-14.10 WG CYCLING 	19.15-20.05 WG CYCLING 	20.10-21.00 WG CYCLING 					
MERCOLEDÌ	19.00-19.50 WG CYCLING 							
GIOVEDÌ	13.15-14.10 WG CYCLING NO LIMITS 	20.00-20.50 WG CYCLING NO LIMITS 						
VENERDÌ	18:00-18:25 WG SKILL UP  							
SABATO	11.00-11.55 WG CYCLING 							
DOMENICA	11.30-12.25 WG CYCLING 							

ORARIO VALIDO DAL 27/08/2018 AL 23/12/2018

I CORSI DI CYCLING RICHIEDONO LA PRENOTAZIONE ONLINE MYCLUB.PRIMEFITNESS.IT

 **CARDIO**
 **TONICITA'**
 **SNELLIMENTO**
 **BENESSERE**