






























































































WORKOUT

FUN AREA

LUNEDÌ	7:20 - 8:10 WG PUMP  	12:00 - 12:50 WG TOTAL BODY  	13:00 - 13:50 WG PUMP  	13:50 - 14:20 WG SUPER H.LLT  	17:45-18:15 WG GLUTEUS  	18:15 - 18:45 WG ABDOMINAL  	18:45 - 19:40 WG PUMP  	19:40 - 20:30 WG GAG  	20:30 - 21:20 WG ZUMBA 
	11:30 - 12:20 WG CIRCUIT TRAINING  	13:00 - 13:55 WG METCON  	13:10 - 14:20 WG FOLLOW ME RUNNING  	16:30 - 17:25 WG TOTAL BODY  	17:30 - 18:00 WG LOW ZONE TRAINING  	18:00 - 18:30 WG UPPER ZONE TRAINING  	18:30 - 19:25 WG CORE TRAINING NEW  	19:30 - 20:25 WG KOMBAT NEW  	20:30 - 21:20 WG CIRCUIT TRAINING  
MARTEDÌ	7:20 - 8:10 WG METCON TRAINING  	13:00 - 13:55 WG TONE UP  	17:30 - 18:00 WG GLUTEUS  	18:00 - 18:30 WG ABDOMINAL  	18:30 - 19:20 WG METCON TRAINING NEW  	19:30- 20:20 WG PUMP  	20:30 - 21:20 WG ZUMBA 		
	13:00 - 13:50 WG KOMBAT  	13:50 - 14:20 WG SUPER H.LLT  	13:10 - 14:20 WG FOLLOW ME RUNNING 	17:45-18:15 WG LOW ZONE TRAINING  	18:15 - 18:45 WG UPPER ZONE TRAINING  	18:45 - 19:40 WG TRXTREME  	19:40 - 20:30 WG SUPER FUNCTIONAL  	20:30 - 21:20 WG SPARTA  	
MERCOLEDÌ	7:20 - 8:10 WG METCON  	13:00 - 13:50 WG METCON  	13:50 - 14:20 WG ABDOMINAL  	16:30 - 17:20 WG GAG  	18:30 - 19:25 WG PUMP  	19:30 - 20:20 WG H.LLT  			
	13:00 - 13:50 WG TRXTREME  	17:00 - 17:55 WG TOTAL BODY CIRCUIT  							
GIOVEDÌ	7:20 - 8:10 WG METCON  	13:00 - 13:50 WG METCON  	13:50 - 14:20 WG ABDOMINAL  	16:30 - 17:20 WG GAG  	18:30 - 19:25 WG PUMP  	19:30 - 20:20 WG H.LLT  			
	12:00 - 12:55 WG SKI TRAINING  								

ORARIO VALIDO DAL 05/11/2018 AL 23/12/2018

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

