











WORKOUT

ENERGY AREA

LUNEDÌ	13.30-14.25 WG CYCLING 	19.15-20.10 WG WALKING  	20.15-21.10 WG CYCLING 					
MARTEDÌ	19.00-20.15 WG follow me RUNNING 	19.30-20.25 WG CYCLING 						
MERCOLEDÌ	13.30-14.25 WG CYCLING NO LIMITS 	19.00-20.25 WG CYCLING LONG RACE 						
GIOVEDÌ	19.00-20.15 WG follow me RUNNING 	19.00-19.55 WG WALKING  	20.00-20.55 WG CYCLING 					
VENERDÌ	13.00-13.50 WG WALKING  	18.30-19.25 WG CYCLING 						
SABATO	11.30-12.25 WG CYCLING 							
DOMENICA	10.30-11.25 WG CYCLING 							

ORARIO VALIDO DAL 27/08/2018 AL 23/12/2018
I CORSI DI CYCLING E WALKING RICHIEDONO LA PRENOTAZIONE ONLINE
MYCLUB.PRIMEFITNESS.IT

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