















PRIME®





EXCLUSIVE WELLNESS

WORKOUT

FUNCTIONAL AREA

LUNEDÌ	13.30-14.25 WG TRXTREME  	18.00-18.50 WG TRXTREME  	19.00-19.55 WG CALISTHENIC TRAINING  	20.15-21.10 WG BOXE  			
MARTEDÌ	10.15-11.10 WG TOTAL BODY Circuit  	13.15-14.10 WG AIR YOGA  	16.15-17.10 WG PILATES TRXercise  	18.30-19.25 WG TOTAL BODY Circuit  	19.30-20.25 WG SPARTA  	20.30-21.25 WG SKI TRAINING NEW  	
MERCOLEDÌ	13.30-14.25 WG TRXTREME  	18.00-18.50 WG TRXTREME  	19.00-19.55 WGFUNTIONAL TRAINING  	20.00-21.00 WG BOXE  			
GIOVEDÌ	10.30-11.25 WG TOTAL BODY Circuit  	18.30-19.25 WG TRXTREME  	19.30-20.25 WG SUPER FUNCTIONAL  	20.30-21.25 WG SPARTA  			
VENERDÌ	10.15-11.10 WG METCON  	18.30-19.25 WG TRXTREME  					
SABATO	10.30-11.25 WG SKI TRAINING NEW  	12.00-12.50 WG TRXTREME  					
DOMENICA	11.15-12.10 WG TOTAL BODY Circuit  						

ORARIO VALIDO DAL 27/08/2018 AL 23/12/2018
I CORSI DI PILATES TRXercise, AIR YOGA, TRXtreme E SUPERFUNCTIONAL
RICHIEDONO LA PRENOTAZIONE ONLINE MYCLUB.PRIMEFITNESS.IT

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