













































## WORKOUT

## FUNCTIONAL AREA

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

ORARIO VALIDO DAL 23/12/2017 AL 01/04/2018

I CORSI DI PILATES TRXercise, AIR YOGA, TRXtreme E SUPERFUNCTIONAL

RICHIEDONO LA PRENOTAZIONE ONLINE MYCLUB.PRIMEFITNESS.IT

