



[www.vittoriafitness.it](http://www.vittoriafitness.it)

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| LUNEDI                                              | MARTEDI                                                | MERCOLEDÌ                                         | GIOVEDÌ                                              | VENERDÌ                                                |
|-----------------------------------------------------|--------------------------------------------------------|---------------------------------------------------|------------------------------------------------------|--------------------------------------------------------|
|                                                     |                                                        |                                                   |                                                      |                                                        |
| PILATES<br>Valentina<br>8:30                        |                                                        | PILATES<br>Valentina<br>8:30                      |                                                      | PILATES<br>Valentina<br>8:30                           |
| PILATES<br>Valentina<br>9:30                        |                                                        | PILATES<br>Valentina<br>9:30                      |                                                      | PILATES<br>Valentina<br>9:30                           |
|                                                     |                                                        |                                                   |                                                      |                                                        |
| POSTURAL<br>BASIC<br>Luca e<br>Nicoletta<br>18:00   | KICK<br>BOXING<br>Bambini<br>Roberto<br>17.30          | CIRCUITI<br>LIBERI<br>Federica<br>17.30-<br>19.00 | POSTURAL<br>BASIC<br>Luca e<br>Nicoletta<br>18:00    | KICK<br>BOXING<br>Bambini<br>Roberto<br>17.30          |
|                                                     |                                                        |                                                   |                                                      |                                                        |
| POSTURAL<br>CIRCUIT<br>Luca e<br>Nicoletta<br>19.00 | KICK<br>BOXING<br>/ THAY<br>Roberto<br>19.00-<br>20.30 | FUNCTIONAL<br>GAG<br>Alessia<br>19.00             | DIFESA<br>PERSONALE<br>Roberto e<br>Giacomo<br>19.00 | FUNCTIONAL<br>TRAINING<br>Luca e<br>Nicoletta<br>19.00 |
|                                                     |                                                        |                                                   |                                                      |                                                        |
|                                                     |                                                        |                                                   | WING<br>TSUN<br>Giacomo<br>20.00-<br>21.45           | Biodanza<br>20.30<br>Roberto                           |