

orario corsi

25.05.2020 - 31.05.2020

Miss Gym
Via Mazzini 5
12051 Alba
0039 3464026395
alba@missgym.it



lunedì 25.05.2020	martedì 26.05.2020	mercoledì 27.05.2020	giovedì 28.05.2020	venerdì 29.05.2020	sabato 30.05.2020	domenica 31.05.2020
11:00 - 11:45 Pilates	12:45 - 13:30 Zumba	11:00 - 11:45 Core Balance	12:45 - 13:30 Tonificazione	12:45 - 13:30 One Kor NRG		
12:45 - 13:30 Jumping	13:30 - 14:15 Pilates	12:45 - 13:30 Cardio-Gag	17:40 - 18:10 --ABS/GLUTES	13:30 - 14:00 --ABS/GLUTES		
13:30 - 14:15 Fit Boxing	17:40 - 18:25 Pilates	18:30 - 19:15 One Kor NRG	18:30 - 19:15 Power Yoga	18:15 - 19:00 Cardio-Gag		
17:40 - 18:25 Step & Tone	18:30 - 19:15 Strong by Zumba	19:20 - 20:05 Fit Boxing	19:20 - 20:05 Tabata	19:00 - 19:45 Pilates		
18:30 - 19:15 Zumba	19:20 - 20:05 Jumping					
19:20 - 20:05 Bodyweight						



Bimbi



Corso a prenotaz...



Corso senza pren...

aggiornato il: 30.05.2020