

**IRON TEMPLE Facebook: Iron Temple, Instagram: irontemple\_gym, 030/7450486**

*Palinsesto Corsi ESTIVO valido da 18/06/2018 a 01/08/2018*

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
09:00 – 10:00 POSTURAL (Elena)	09:30 – 10:30 AERO – G.A.G (Samuele)	09:00 – 10:00 STEP + ABD (Elena)	09:00 – 10:00 POSTURAL (Elena)		
	10:30 – 11:30 ZUMBA (Samuele)		10:30 – 11:30 ZUMBA (Samuele)		
					14:30 – 15:30 FUNCTIONAL TRAINING (Michele)
18:00 – 19:00 ZUMBA (Samuele)	18:30 – 19:30 BOTTOM UP (Elena)	18:00 – 19:00 ZUMBA (Samuele)	18:30 – 19:30 STEP + ABD (Elena)	18:00 – 19:00 ZUMBA (Samuele)	
19:00 – 20:00 FUNCTIONAL TRAINING (Michele)	19:30 – 20:30 FUNCTIONAL TRAINING (Michele)	19:00 – 20:00 FUNCTIONAL TRAINING (Michele)	19:30 – 20:30 FUNCTIONAL TRAINING (Michele)	19:00 – 20:00 TABATA (Elena)	
				20:00 – 21:00 FUNCTIONAL TRAINING (Michele)	