

# HOME FITNESS - LEZIONI ON LINE

WWW.CLUB-RUSSO.IT

	LUNEDI	MARTEDI	MERCOL	GIOVEDI	VENERDI	SABATO
10:30 - 11:30		FLEXIBLE			PILATES	YOGA
16:00 - 17:00			POSTURAL TRAINING		CIRCUIT TRAINING	
17:00 - 18:00			STRETCHING			
18:00 - 19:00	TOTAL BODY	POTENZ. POLE DANCE			POSTURAL TRAINING	
19:00 - 20:00	FUNCTIONAL WORKOUT	KETTLEBELL	DANCE WORKOUT	PILATES	ZUMBA	

M  
A  
G  
G  
I  
O

2  
0  
2  
0

