



# ORARIO CORSI 2014/2015

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
PANCAFIT	PANCAFIT	PANCAFIT POSTURALE	PANCAFIT POSTURALE	PANCAFIT POSTURALE	PANCAFIT POSTURALE
10.30/11.30 KANGOO POWER	10.30/11.30 GINNASTICA POSTURALE	10.30/11.00 CX WORX	PANCA PILATES REFORMER P.T.	10.30/11.30 TOTAL JUMP	PANCA PILATES REFORMER P.T.
	14.00/15.00 FULL BOXE		BODY WORKOUT TRX-PRO INDBOARD WALKING		
16.45/17.45 KARATE KYOKUSHINKAI		16.30/17.30 GINNASTICA DOLCE		16.30/17.30 GINNASTICA DOLCE	17.00/18.00 KARATE KYOKUSHINKAI
18.00/18.30 CX WORX	18.00/19.00 BOKWA STEP	17.30/18.30 POSTURAL WORX	18.00/19.00 TOTAL JUMP	18.00/18.30 CX WORX	18.00/19.00 KANGOO POWER
18.30/19.30 ZUMBA FITNESS	19.00/20.00 KANGOO POWER	19.00/20.00 BOKA FITNESS	19.00/20.00 ZUMBA FITNESS	18.30/19.30 BOKWA STEP	
18.30/19.30 TOTAL JUMP	20.00/21.00 POWER ATTACK				
20.30/21.30 BOXE		20.00/21.00 BOXE	20.00/21.00 KANGOO POWER	20.00/21.00 BOXE	

Orari settimanali: Lunedì/Venerdì ore 9.30/21.30 Sabato ore 10.00/19.00 - Domenica su richiesta  
 Facebook Keep Gold Roccalumera - Kangoo Mania Roccalumera Email: paolodangelo66@gmail.com  
 Via Lungomare C. Colombo, 121 ROCCALUMERA - tel. 3469465703