



K Fitness Club - Via Edison 119/121, 31020 Villorba (TV)

+39 351 596 1221

info@kfitnessclub.it

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
	06.30-07.30 CALISTHENICS		06.30-07.30 CALISTHENICS		09.00-12.00 ALLENAMENTO LIBERO - PERSONAL 1-1 - MINI GROUP TRAINING
16.45-17.45 KICKBOXING KIDS	9.00-10.00 ENERGIA DEL MATTINO		9.00-10.00 ENERGIA DEL MATTINO		
17.30-18.30 CALI JUNIOR	10.00-10.50 PILATES	17.30-18.30 CALI JUNIOR	10.00-10.50 PILATES		
18.30-19.30 DANZA AEREA JUNIOR		18.15-19.00 POSTURAL			
19.00-20.00 POLE DANCE		18.30-19.30 DANZA AEREA JUNIOR	17.30-19.00 CALISTHENICS		
19.00-20.30 CALISTHENICS		19.00-20.00 KRAV MAGA	18.00-19.00 PILATES		
19.30-20.45 DANZA AEREA	17.30-19.00 CALISTHENICS	19.00-20.30 CALISTHENICS	19.00-20.00 FLEXIBILITY		
20.00-21.00 FUNCTIONAL	19.00-20.00 PILATES	19.30-20.45 DANZA AEREA	19.00-20.30 CALISTHENICS		
20.30-22.00 CALISTHENICS	19.00-20.30 CALISTHENICS	20.00-21.00 FUNCTIONAL	19.45-21.15 DANZA VERTICALE	19.00-20.30 CALISTHENICS	
20.45-22.00 DANZA AEREA	20.00-21.00 FIT&BOXE	20.30-22.00 CALISTHENICS	20.00-21.00 POLE DANCE	19.00-20.30 CALISTHENICS PRO	
21.00-22.00 KRAV MAGA	20.30-22.00 CALISTHENICS	20.45-22.00 DANZA AEREA	20.30-22.00 CALISTHENICS	19.15-20.15 FIT&BOXE	