

orario corsi

12.04.2021 - 18.04.2021

Just Woman
Piazza Medaglie D'Oro 80
74121 Taranto
320 80 35 625
info@justwomanfitness.it



lunedì 12.04.2021	martedì 13.04.2021	mercoledì 14.04.2021	giovedì 15.04.2021	venerdì 16.04.2021	sabato 17.04.2021	domenica 18.04.2021
08:30 - 09:30 GRIT	08:30 - 09:30 Pilates	08:30 - 09:30 GAG	08:30 - 09:30 Functional Circuit	08:30 - 09:30 Just Tonic	09:30 - 10:30 GRIT	
09:30 - 10:30 SuperJump	09:30 - 10:30 Just Tonic	09:30 - 10:30 GRIT	09:30 - 10:30 Pilates	09:30 - 10:30 SuperJump	10:30 - 11:30 Just Tonic	
10:30 - 11:30 GAG	10:30 - 11:30 STRONG	10:30 - 11:30 SuperJump	10:30 - 11:30 GRIT	10:30 - 11:30 Zumba		
11:30 - 12:30 Zumba	11:30 - 12:30 GRIT	11:30 - 12:30 Functional Circuit	11:30 - 12:30 STRONG	11:30 - 12:30 Just Tonic		
13:30 - 14:30 Functional Circuit	13:30 - 14:30 Zumba	13:30 - 14:30 SuperJump	13:30 - 14:30 Just Tonic	13:30 - 14:30 GRIT		
14:30 - 15:30 SuperJump	14:30 - 15:30 GAG	14:30 - 15:30 STRONG	14:30 - 15:30 GRIT	14:30 - 15:30 SuperJump		
16:00 - 17:00 Pilates	16:00 - 17:00 Functional Circuit	16:00 - 17:00 Just Tonic	16:00 - 17:00 GRIT	16:00 - 17:00 Pilates		
17:00 - 18:00 Just Tonic	17:00 - 18:00 GRIT	17:00 - 18:00 Pilates	17:00 - 18:00 GAG	17:00 - 18:00 SuperJump		
18:00 - 19:00 Functional Circuit	18:00 - 19:00 Just Tonic	18:00 - 19:00 GRIT	18:00 - 19:00 STRONG	18:00 - 19:00 Functional Circuit		
19:00 - 20:00 GRIT	19:00 - 20:00 Zumba	19:00 - 20:00 SuperJump	19:00 - 20:00 Just Tonic	19:00 - 20:00 GAG		

■ Dimagrimento
 ■ Divertimento - T...
 ■ Salute - Tonic...
 ■ Tonificazione

aggiornato il: 15.04.2021