

orario corsi

17.06.2019 - 23.06.2019

Just Woman
Piazza Medaglie D'Oro 80
74121 Taranto



0320 80 35 625
info@justwomanfitness.it

lunedì 17.06.2019	martedì 18.06.2019	mercoledì 19.06.2019	giovedì 20.06.2019	venerdì 21.06.2019	sabato 22.06.2019	domenica 23.06.2019
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: 20.06.2019