

RISEFIT

ORA	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:00						
10:00	MOBILITY	BOOTY & ABS	FITCROSS	MOBILITY	FUNCTIONAL	BOOTY & ABS
12:30	BOOTY & ABS	FUNCTIONAL	MOBILITY	FITCROSS	BOOTY & ABS	FITCROSS
17:30	FITCROSS		BOOTY & ABS		FITCROSS	
18:30		MOBILITY		FUNCTIONAL		
19:30	BOOTY & ABS	FUNCTIONAL	MOBILITY	FITCROSS	BOOTY & ABS	
20:30						