



SLASHCLUB

YOUR ALTERNATIVE ENERGY

PLANNING PILATES REFORMER

LUNEDÌ

pilates reformer

9:00 - 10:00

18:15 - 19:15

MARTEDÌ

pilates reformer

13:15

18:30 - 19:30

MERCOLEDÌ

pilates reformer

13:00 - 14:00

GIOVEDÌ

pilates reformer

9:00 - 10:00

18:15 - 19:15

VENERDÌ

pilates reformer

13:15

18:30 - 19:30

SABATO

pilates reformer

9:30 - 10:30

PLANNING FUNCTIONAL TRAINING

LUNEDÌ

functional group

8:10 - 10:00

12:20 - 13:10

17:30 - 18:20 - 19:10 - 20:00

MARTEDÌ

functional group

20:00

MERCOLEDÌ

functional group

17:30 - 18:20 - 19:10 - 20:00

GIOVEDÌ

functional group

8:10 - 10:00

12:20 - 13:10

VENERDÌ

functional group

8:10 - 10:00

12:20 - 13:10

17:30 - 18:20 - 19:10 - 20:00

SABATO

functional workout

10:00 - 10:25 - 10:50 - 11:15 - 11:40