



ATHLETIK CLUB 90 SA

ORARIO CORSI DAL 6 SETTEMBRE 2021

Via Pobbia 6 - CP10/ 6514 Sementina/ Tel.+41.91.857.65.57/ www.athletikclub90.ch/ info@athletikclub90.ch/ [f AthletikClub90](https://www.facebook.com/AthletikClub90)

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	09:30 55' ATHLETIK YOGA	09:30 55' ATHLETIK PILATES	09:30 45' ATHLETIK TONE	09:30 45' ATHLETIK CORE	09:30 45' ATHLETIK STRETCH
12:15 45' LESMILLS BODYPUMP	12:15 45' ATHLETIK PILATES		12:15 30' ATHLETIK CIRCUIT		10:30 55' LESMILLS BODYPUMP
17:30 45' ATHLETIK STEP	17:30 45' LESMILLS BODYPUMP	17:30 45' ATHLETIK B-HiIT	17:30 45' ATHLETIK PILATES	17:30 30' ATHLETIK CORE	
18:30 30' ATHLETIK B-HiIT	18:30 45' ATHLETIK FUSION	18:30 45' ATHLETIK YOGA	18:30 45' LESMILLS BODYPUMP	18:15 30' ATHLETIK XTREME	
19:15 45' ATHLETIK CORE	19:30 30' ATHLETIK CIRCUIT	19:30 30' ATHLETIK XTREME	19:30 30' ATHLETIK CORE		

PER TUTTI CORSI È OBBLIGATORIA LA PRENOTAZIONE. NUMERO MINIMO DI PARTECIPANTI: 4.