

CLUB PIAZZANO

STUDIO FITNESS 2023-2024

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
9.00 FUNCTIONAL CLASS	9.00 TENNIS TRAINING		9.00 FUNCTIONAL CLASS	
10.00 FUNCTIONAL EVER GREEN			10.00 FUNCTIONAL EVER GREEN	9.30 FUNCTIONAL CLASS
	11.00 FUNCTIONAL EVER GREEN			10.30 FUNCTIONAL EVER GREEN
12.30 FUNCTIONAL CLASS	12.30 TENNIS TRAINING	13.00 FUNCTIONAL CLASS	12.30 FUNCTIONAL CLASS	13.00 FUNCTIONAL CLASS
16.30 FUNCTIONAL JUNIOR		17.00 FUNCTIONAL JUNIOR		16.30 FUNCTIONAL JUNIOR
17.30 FUNCTIONAL CLASS	17.30 FUNCTIONAL CLASS	18.00 FUNCTIONAL CLASS	17.30 FUNCTIONAL SPEED	17.30 FUNCTIONAL CLASS
18.30 FUNCTIONAL CLASS	18.30 FUNCTIONAL SPEED	19.00 TENNIS TRAINING	18.30 TENNIS TRAINING	18.30 FUNCTIONAL CLASS
19.30 FUNCTIONAL SPEED			19.30 FUNCTIONAL CLASS	19.30 ALTA INTENSITA'

Discipline CONI n° 111-115 (sport ginnastica) n° 35

Tennis Club PIAZZANO SSDar.l. – Via Patti 10 – 28100 Novara

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