



Sport da combattimento
e arti marziali

Fitness

Yoga - Pilates - Body Mind

Corsi KIDS

Orario 2016/2017

La Direzione si riserva il diritto
di effettuare cambiamenti
di orario di corsi e di istruttori
senza nessun preavviso

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
FUNCTIONAL TRAINING 07.15 FRANCESCO	FREE TRAINING BOXE 07.15-10.00	FUNCTIONAL TRAINING 07.15 FRANCESCO	FREE TRAINING BOXE 07.15-10.00	FUNCTIONAL TRAINING 07.15 FRANCESCO	
BOXE-KICK 08.30 PAOLO	PILATES Sala B 9.00 MARIA	BOXE-KICK 08.30 PAOLO	PILATES Sala B 9.00 MARIA	BOXE-KICK 08.30 PAOLO	
TOTAL BODY/PUMP 10.00 FRANCESCO	BOXE-KICK 10.30 ALBERTO	TOTAL BODY/GAG 10.00 FRANCESCO	BOXE-KICK 10.30 ALBERTO	TOTAL BODY/CIRCUIT 10.00 FRANCESCO	
PILATES Sala B 13.15 TIZIANA	BOXE-KICK 13.30 FRANCESCA	PILATES Sala B 13.15 TIZIANA	BOXE-KICK 13.30 FRANCESCA	PILATES Sala B 13.15 TIZIANA	FREE TRAINING BOXE 9.00/10.30
HARD MOBILITY 13.30 PAOLO	ANUKALANA YOGA 13.30 FRANCO	HARD MOBILITY 13.30 PAOLO	ANUKALANA YOGA 13.30 FRANCO	HARD MOBILITY 13.30 PAOLO	CTB
DEEP IMPACT(F.T.) 14.00 PAOLO	YOGA INTEGRALE 14.30 FRANCO	DEEP IMPACT(F.T.) 14.00 PAOLO	YOGA INTEGRALE 14.30 FRANCO	DEEP IMPACT(F.T.) 14.00 PAOLO	10.00 FRANCESCO BOXE-KICK
KILLER ADDOMINAL 14.30 PAOLO	BOXE-KICK AGONISTI 15.00 ALBERTO	KILLER ADDOMINAL 14.30 PAOLO	BOXE-KICK AGONISTI 15.00 ALBERTO	KILLER ADDOMINAL 14.30 PAOLO	13.30 FRANCESCA THAI BOXE
RUNNING 13.30 FRANCESCO	JUNIOR BOXING 16.30 MATTIA	RUNNING 13.30 FRANCESCO	JUNIOR BOXING 16.30 MATTIA	RUNNING 13.30 FRANCESCO	15.00 ALBERTO BJJ Sala B
BOXE-KICK AGONISTI 15.00 ALBERTO	JUNIOR KICK BOXING 17.15 FRANCESCA	BOXE-KICK AGONISTI 15.00 ALBERTO	JUNIOR KICK BOXING 17.15 FRANCESCA	BOXE-KICK AGONISTI 15.00 ALBERTO	15.00 DANIELE
BOXE-KICK 16.30 PAOLO	TONIFICAZIONE 18.00 STEFANO	BOXE-KICK 16.30 PAOLO	TONIFICAZIONE 18.00 STEFANO	BOXE-KICK 16.30 PAOLO	ORARIO CENTRO LUN-VEN 07.00 - 23.00 SABATO 09.00 - 17.00 DOMENICA 09.00 - 13.00 A.S.D. BOXING ARCESI
BABY FUNK 17.30 CRISTINA	BODY MIND Sala B 19.00 STEFANO	BABY FUNK 17.30 CRISTINA	BODY MIND Sala B 19.00 STEFANO		
BOXE-KICK 18.00/19.30 PAOLO	PREPUGILISTICA 19.00 SIMONE	BOXE-KICK 18.00/19.30 PAOLO	PREPUGILISTICA 19.00 SIMONE	BOXE-KICK 18.00/19.30 PAOLO	
TRUE POWER YOGA 18.30 GIADA	CIRCUIT TRAINING Sala B 20.00 DANILO	TRUE POWER YOGA 18.30 GIADA	CIRCUIT TRAINING Sala B 20.00 DANILO	TRUE POWER YOGA 18.30 GIADA	
PILATES Sala B 19.30 CRISTINA	BOXE-KICK Principianti 20.00 FRANCESCA	PILATES Sala B 19.30 CRISTINA	BOXE-KICK Principianti 20.00 FRANCESCA	PILATES Sala B 19.30 CRISTINA	
ADV CIRCUIT TRAINING 19.30 DANILO	Adv Combact Education 21.00 ADAM	ADV CIRCUIT TRAINING 19.30 DANILO	Adv Combact Education 21.00 ADAM	ADV CIRCUIT TRAINING 19.30 DANILO	Via Crescenzo, 21 - 00193 -ROMA Zona Prati / Piazza Cavour TEL. 06 68 33 97 1 www.kbgym.it
BOXE-KICK 20.30 ALBERTO	THAI BOXE 21.00 ALBERTO	BOXE-KICK 20.30 ALBERTO	THAI BOXE 21.00 ALBERTO	BOXE-KICK 20.30 ALBERTO	
BJJ Sala B 20.30 DANIELE		BJJ Sala B 20.30 DANIELE		BJJ Sala B 20.30 DANIELE	