

**ALL INCLUSIVE:**

1 MESE*	<b>47</b>	<b>1 ANNO EASY/ SMART*</b>
6 MESI	355	
12 MESI	550	

<b>INGRESSI</b>	x 1	10
	x 20	180
<b>PERSONAL TRAINER</b>	1 LEZ.	50
	3 LEZ.	110
	10 LEZ	340
	20 LEZ.	590
	50 LEZ	1390

<b>EMS TRAINING</b>	12 LEZ.	405
	24 LEZ.	745
	50 LEZ	1300
	100 LEZ.	2200

**GINNASTICHE AEROBICHE :**

KETTLEBELL
FIT BOXE NEW
POLE DANCE NEW
BALLA&BRUCIA NEW
G.A.G. & CORE
TONIKA DANCE
GET BODY
YOGA & MOBILITY
INDOOR CYCLING
CARAIBICO NEW
PILATES

*“Un Corpo Migliore  
Per Vivere Meglio”*



ARTI MARZIALI	h/sett.	1 MESE	STAGIONE 10 MESI
BOXE	1	30	280
	3	50	450
KRAV MAGA	1	30	280
	3	50	450
AIKIDO	4	60	540

**ORARIO 07.00-22.30 (Lun-Ven) 08.00-18.00 (Sab) 08.00-14.00(Dom)**  
**TEL: 0119771375 CELL: 3492892844 info.carmafitness@libero.it**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI	SABATO
					COPPELIA 9.30-11.00
			YOGA MAMMA.BEBE' 10.15-11.00		COPPELIA 11-12 BOXE NEW 10.30-11.30 Simone
	FIT BOXE NEW 12.45-13.45 Marco	POSTURALE 13.10-14.00 Alessia	FIT BOXE NEW 12.45-13.45 Marco		COPPELIA 12-13.00
		COPPELIA 15.00-15.30 Alice	COPPELIA 15.00-15.30 Alice		
		COPPELIA 15.30-16.30 Alice	COPPELIA 15.30-16.30 Alice		
17.15-18.00 YOGA TERAPEUTICO Alessia	COPPELIA 16.15-17.30 Alice	COPPELIA 16.30-17.30 Alice	COPPELIA 16.30-17.30 Alice		
GET BODY 18.00-18.40 Alessia	COPPELIA 17.30-18.30 Alice	COPPELIA 17.30-18.30 Alice YOGA GRAVIDANZA* 17.45-18.30 Alessia	COPPELIA 17.30-18.30 Alice		
KETTLEBELL 18.30-19.30 Willy YOGA & MOBILITY 18.40-19.30 Alessia	COPPELIA 18.30-19.30 Alice G.A.G. & CORE NEW 18.30-19.30 Willy	KETTLEBELL 18.30-19.30 Willy PILATES 18.30-19.30 Alessia	COPPELIA 18.30-19.30 Alice	G.A.G. & CORE NEW 18.30-19.30 Willy PILATES 18.00-19.00 Vale	
INDOOR CYCLING 19.30-20.30 Flavio POLE DANCE NEW 19.30-20.30	BOXE 19.30-20.30 Simone BALLA&BRUCIA NEW* 19.30-20.30 Emy	INDOOR CYCLING 19.30-20.30 Flavio CARAIBICO NEW 19.30-20.30 Alessia	BOXE 19.30-20.30 Simone TONIKA DANCE 19.30-20.30 Monica	POLE DANCE NEW 19.30-20.30	
AIKIDO 20.30-21.30 Denis KRAV MAGA 20.30-21.30 Matteo	INDOOR CYCLING 20.30-21.30 Susy	KENDO 20.30-21.30 KRAV MAGA 20.30-21.30 Matteo	INDOOR CYCLING 20.30-21.30 Susy	AIKIDO 20.30-21.30 Denis KRAV MAGA 20.30- 21.30 Matteo	
AIKIDO 21.30-22.30 Denis	INDOOR CYCLING ABS 21.30-22.00	KENDO 21.30-22.30 AIKIDO 21.30-22.30 Denis	INDOOR CYCLING ABS 21.30-22.00 Susy	AIKIDO 21.30-22.30 Denis	

- Dal 26/09/2023