

PALESTRA MITHOS CENTRO WELLNESS

www.palestramithos.com

SALA PESI

DAL LUNEDÌ AL VENERDÌ	9:30-22:00
SABATO	10:00-12:30 15:00-19:00
DOMENICA	10:00-13:00

SALA ARTI MARZIALI

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
16:00-17:00	16:15-17:15 karate bimbi	16:00-17:00	16:15-17:15 karate bimbi	16:00-17:00	14:00-16:00 kobudo
16:30-17:30 kun fu bimbi	17:15-18:15 karate	16:30-17:30 kun fu bimbi	17:15-18:15 karate	16:30-17:30 kun fu bumbi	
18:00-19:00 ju jitsu bimbi	18:15-19:15 judo bimbi	18:00-19:00 ju jitsu bimbi	18:15-19:15 judo bimbi	18:00-19:00 ju jitsu bimbi	
19:00-20:15 ju jitsu I°	19:15-20:30 karate adulti	19:00-20:15 ju jitsu I°	19:15-20:30 karate adulti	19:00-20:15 ju jitsu I°	
20:15-21:30 ju jitsu 2°	20:30-21:30 tae soo do	20:15-21:30 ju jitsu 2°	20:30-21:30 tae soo do	20:15-21:30 ju jitsu 2°	
21:30-23:00 aikido	21:30-23:00 tae soo do	21:30-23:00 aikido	21:30-23:00 tae soo do	21:30-23:00 aikido	

SALA WELLNESS

lunedì	martedì	mercoledì	giovedì	venerdì
18:40-19:30	18:30-19:30	18:40-19:30	18:30-19:30	18:30-19:30
body gym		body gym		
19:30-20:30	19:30-20:30	19:30-20:30	19:30-20:30	19:30-20:30
kick boxe	hip hop	kick boxe	hip hop	kick boxe

SALA AEROBICA

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
10:00-11:00 body sculpt	10:00-11:00 pilates	10:00-11:00 cardiotone	10:00-11:00 pilates	10:00-11:00 gag	
11:00-12:00 gin dolce	10:00-11:00 life pump	11:00-12:00 gin dolce	10:00-11:00 life pump	11:00-12:00 gin dolce	
13:30-14:30 body sculpt	12:00-13:00 CARDIOFITBALL	13:30-14:30 cardiotone	12:00-13:00 CARDIOFITBALL	13:30-14:30 gag	
	13:30-14:30 fit boxe		13:30-14:30 fit boxe		
16:30-17:30 hip pop bimbi	16:15-17:15 total fit	16:30-17:30 hip pop bimbi	16:15-17:15 total fit		15:30 17:30 tango
17:50 -18:40 step tonic	18:00-18:50 pilates	17:50-18:40 step tonic	18:00-18:50 fitball posturale	17:50-18:40 step tonic	17:15-18:45 latino princ
18:40-19:40 zumba	18:50_19:40 total body	18:40-19:40 zumba	18:50_19:40 total body	18:40_19:30 body gym	
19:40-20:30 GAG	19:40-20:30 fit boxe	19:40-20:30 GAG	19:40-20:30 fit boxe	19:30-20:25 GAG	
20:25-21:30 taekwondo	20:30-21:30 hip pop	20:25-21:30 taekwondo	20:30-22:00 hip pop	20:25-21:30 taekwondo	
21:30-23:30	21:30-23:30 portoricano	21:30-23:00 Latino princ.	22:00-23:30	21:30-22:30	

SALA OLISTICA

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
19.00-19.30	19:30-20:30	19.00-19.30	19:30-20:30	19.00-19.30	
KICK BOXE	pilates	KICK BOXE	pilates	KICK BOXE	
	20:30-21:30 jeet kune do		20:30-21:30 jet kune do		

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