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	<p>SEBASTIANO TRX FUNCTIONAL CIRCUIT 6:30 - 7:15</p>	<p>SEBASTIANO CIRCUIT TRAINING 6:30 - 7:15</p>	<p>SEBASTIANO TRX FUNCTIONAL 6:30 - 7:15</p>	<p>SEBASTIANO TRX HIIT 6:30 - 7:15</p>	
<p>SEBASTIANO STRETCHING CERVICALE E SCHIENA 9 - 9:45</p>	<p>SEBASTIANO STRETCHING CERVICALE E SCHIENA 9 - 9:45</p>	<p>SEBASTIANO STRETCHING CERVICALE E SCHIENA 9 - 9:45</p>	<p>ELIA YOGA 8:30 - 9:40</p>	<p>SEBASTIANO STRETCHING CERVICALE E SCHIENA 9 - 9:45</p>	
<p>SEBASTIANO TRX FUNCTIONAL CIRCUIT 10 - 10:45</p>	<p>SEBASTIANO TRX HIIT 10 - 10:45</p>	<p>SEBASTIANO TRX FUNCTIONAL 10 - 10:45</p>		<p>SEBASTIANO CIRCUIT TRAINING 10 - 10:45</p>	<p>CRISTIAN POWER SPINNING 10 - 10:45</p>
<p>SEBASTIANO POWER 12:30 - 13:15</p>	<p>CRISTIAN FIT BOXE 12:30 - 13:15</p>	<p>SEBASTIANO TRX FUNCTIONAL CIRCUIT 12:30 - 13:15</p>	<p>SEBASTIANO CIRCUIT TRAINING 12:30 - 13:15</p>	<p>SEBASTIANO TRX HIIT 12:30 - 13:15</p>	<p>CRISTIAN FIT BOXE 11:00 - 11:45</p>
<p>SEBASTIANO TRX FUNCTIONAL CIRCUIT 18 - 18:45</p>	<p>SEBASTIANO CIRCUIT TRAINING 18 - 18:45</p>	<p>SEBASTIANO TRX HIIT 18 - 18:45</p>		<p>SEBASTIANO TRX FUNCTIONAL CIRCUIT 18 - 18:45</p>	
<p>SEBASTIANO TRX HIIT 19 - 19:45</p>	<p>FRANCESCA PILATES INTERMEDIO 18:30 - 19:25</p>	<p>SEBASTIANO POWER 19 - 19:45</p>	<p>ANGELA FIT BOXE 18:30 - 19:15</p>	<p>SEBASTIANO CIRCUIT TRAINING 19 - 19:45</p>	
<p>ELIA YOGA 19 - 20:15</p>	<p>CRISTIAN FIT BOXE 19 - 19:45</p>	<p>ELIA YOGA 19 - 20:15</p>	<p>FRANCESCA PILATES INTERMEDIO 18:30 - 19:25</p>		
<p>FABIOLA FUNCTIONAL TRAINING 20 - 20:45</p>	<p>FRANCESCA PILATES BASE 19:30 - 20:25</p>		<p>ELISA JUMP ROPE 19:30 - 20:15 NEW</p>		
	<p>CRISTIAN POWER SPINNING 20 - 20:45</p>		<p>FRANCESCA PILATES BASE 19:30 - 20:25</p>		
			<p>MARTINA STEP NRG 20:30 - 21:15</p>		

INFO



**SU MISURA PER TE
PERSONAL TRAINER**
Base Training Lab offre
anche lezioni singole o in
piccoli gruppi per adattare
ogni tipo di attività alle
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Verificare sempre
sull'app il luogo
in cui verrà
effettuata
la lezione e
prenotala.



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