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<p>STRETCHING CERVICALE SCHIENA 9 - 9:45</p> <hr/> <p>TRX 10 - 10:45</p> <hr/> <p>POWER by Onekor® 12:30 - 13:15</p> <hr/> <p>TRX FUNCTIONAL 18 - 18:45</p> <hr/> <p>TRX 19 - 19:45</p> <hr/> <p>YOGA 19 - 20:00</p> <hr/> <p>TRX FORCE 20 - 20:45</p>	<p>TRX FUNCTIONAL 6:30 - 7:15</p> <hr/> <p>FUNCTIONAL NUOVA ETÀ 9 - 9:45</p> <hr/> <p>TRX FORCE 10 - 10:45</p> <hr/> <p>TRX FORCE 12:30 - 13:15</p> <hr/> <p>NEW POUND 18:30 - 19:15</p> <hr/> <p>PILATES INTERMEDIO 18:30 - 19:25</p> <hr/> <p>FITBOXE by Boxe Motion® 19:30 - 20:15</p> <hr/> <p>PILATES BASE 19:30 - 20:25</p> <hr/> <p>POWER by Onekor® 20:30 - 21:20</p>	<p>NEW FUNCTIONAL TRAINING 6:30 - 7:15</p> <hr/> <p>STRETCHING CERVICALE SCHIENA 9 - 9:45</p> <hr/> <p>NEW CARDIO TRAINING 10 - 10:45</p> <hr/> <p>FITBOXE by Boxe Motion® 12:30 - 13:15</p> <hr/> <p>TRX 18 - 18:45</p> <hr/> <p>POWER by Onekor® 19 - 19:50</p> <hr/> <p>YOGA 19 - 20:00</p> <hr/> <p>TRX FUNCTIONAL 20 - 20:45</p>	<p>TRX FORCE 6:30 - 7:15</p> <hr/> <p>NEW TRX YOGA 9 - 9:45</p> <hr/> <p>TRX FUNCTIONAL 10 - 10:45</p> <hr/> <p>NEW FUNCTIONAL TRAINING 12:30 - 13:15</p> <hr/> <p>NEW TRX YOGA 18:30 - 19:15</p> <hr/> <p>PILATES BASE/INTERM. 18:30 - 19:25</p> <hr/> <p>TRX 19:30 - 20:15</p> <hr/> <p>NEW STEP NRG by Onekor® 20:30 - 21:15</p>	<p>TRX 6:30 - 7:15</p> <hr/> <p>STRETCHING CERVICALE SCHIENA 9 - 9:45</p> <hr/> <p>NEW ABDOMINAL TRAINING 10 - 10:45</p> <hr/> <p>TRX FUNCTIONAL 12:30 - 13:15</p> <hr/> <p>NEW CARDIO TRAINING 18 - 18:45</p> <hr/> <p>TRX 19 - 19:45</p>	<p>POWER by Onekor® 10 - 10:50</p> <hr/> <p>FITBOXE by Boxe Motion® 11 - 11:45</p> <hr/> <p>INFO</p> <p></p> <p>SU MISURA PER TE</p> <p>PERSONAL TRAINER</p> <p>Base Training Lab offre anche lezioni singole o in piccoli gruppi per adattare ogni tipo di attività alle tue personali esigenze.</p> <hr/> <p>ORARI SEGRETERIA</p> <p>Martedì 14:30-19:30</p> <p>Giovedì 14:30-18:00</p> <hr/> <p></p> <p>Via Ospedaletto, 57 37026 - Pescantina Verona</p> <hr/> <p>Per ulteriori informazioni* 349 220 9697 basetraininglab.it</p> <p>  </p>

TEAM

 <p>Sebastiano TRX, Power, Funzionale</p>	 <p>Cristian Fit-Boxe, Power</p>	 <p>Elia Yoga</p>	 <p>Francesca Pilates</p>	 <p>Martina Step NRG, Pound</p>
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