

ASANA

fitness club

MONDAY

09.00 – 09.50
Cardio Burst
w/ Theofilos

10.00 – 11.00
Functional
w/ Theofilos

12.00 – 13.00
Cross Training
w/ Theofilos

TUESDAY

09.00 – 09.50
Cardio Burst
w/ Theofilos

10.00 – 11.00
Functional
w/ Theofilos

12.00 – 13.00
Cross Training
w/ Theofilos

WEDNESDAY

09.00 – 09.50
Cardio Burst
w/ Theofilos

10.00 – 11.00
Functional
w/ Theofilos

12.00 – 13.00
Cross Training
w/ Theofilos

THURSDAY

09.00 – 09.50
Cardio Burst
w/ Theofilos

10.00 – 11.00
Functional
w/ Theofilos

12.00 – 13.00
Cross Training
w/ Theofilos

17.00 – 18.00
Core Burn & Stretch
w/ Ilario

FRIDAY

09.00 – 09.50
Cardio Burst
w/ Theofilos

10.00 – 11.00
Functional
w/ Theofilos

12.00 – 13.00
Cross Training
w/ Theofilos

SATURDAY

09.00
Trail Hill Run
w/ Theofilos

12.30 – 13.30
Hitt Training
w/ Ilario

13.45 – 14.45
Core Burn & Stretch
w/ Ilario

SUNDAY

12.30 – 13.30
Hitt Training
w/ Ilario

17.00 – 18.00
Core Burn & Stretch
w/ Ilario

