


ForteVillage

SARDINIA

FIT-ZONE SCHEDULE



	Sunday <i>Domenica</i>	Monday <i>Lunedì</i>	Tuesday <i>Martedì</i>	Wednesday <i>Mercoledì</i>	Thursday <i>Giovedì</i>	Friday <i>Venerdì</i>
9:15-10:00	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching
10:30-11:15	Functional	HIIT/ Tabata	Functional	HIIT/ Tabata	Functional	HIIT/ Tabata
11:30-12:15	Zumba	Zumba	Zumba	Zumba	Zumba	Zumba
17:00-17:45	Functional	HIIT/ Tabata	Functional	HIIT/ Tabata	Functional	HIIT/ Tabata
18:00-18:30	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching	Mobility & Stretching

Potrebbero essere soggetti a variazioni
These may be subject to variations

Per ulteriori informazioni rivolgersi allo Sport Area **8938**
For any further information please ask at the Sport Area