

FITNESS IN PIAZZA - PROGRAMMA

VENERDI 18

- 15:00 PILATES, GAG, CIRCUIT TRAINING
- 15:50 POWER STRETCHING, ZUMBA, HIIT
- 16:40 GINN. POSTURALE, STEP, FUNCTIONAL TRAINING
- 17:30 PILATES, TONIFICAZIONE, CROSSTRaining
- 18:20 YOGA FLEX, ZUMBA, CIRCUIT TRAINING
- 19:10 STRETCHING, TOTAL BODY, HIIT

SABATO 19

- 10:00 RIS. MUSCOLARE, TONIFICAZIONE, ATH. TRAINING
- 10:50 PILATES, BOKWA, FUNCTIONAL TRAINING
- 11:40 YOGA, STEP, CROSSTRaining
- 12:30 POSTURAL WORKOUT, ZUMBA, CIRCUIT TRAINING

13:20 PRANZO

- 15:00 STRETCHING, GAG, HIIT
- 15:50 PILATES, ZUMBA, FUNCTIONAL TRAINING
- 16:40 GINN. POSTURALE, STEP, RTP
- 17:30 POWER YOGA, TONIFICAZIONE, CIRCUIT TRAINING
- 18:20 **PILATES, ZUMBA, CROSSTRaining**
POWERED BY THE SELFIE RUN
- 19:10 **THE SELFIE RUN**

DALLE 20:30 MUSIC & FUN BY DJ OSSO



m20 / musica a tu stato puro

POWERED AND SPONSORED BY



Agenzia Principale di Siena - Viale Sardegna, 14



FITNESS IMPAZZA

18-19 SETTEMBRE 2015

SIENA

PIAZZA MATTEOTTI

GAG
ZUMBA
FUNCTIONAL TRAINING
CURCUIT TRAINING
PILATES
POSTURAL WORKOUT
RTP
TONIFICAZIONE
YOGA
CROSSTRaining
STEP
HIIT
POWER STRETCHING
TOTAL BODY
BOKWA
GINNASTICA POSTURALE
STRETCHING

FITNESS
IN PIAZZA

COMUNE
DI SIENA