presentano

LONGAGE TRANING

FOR IMPROVE LONGEVITY & QUALITY LIFE

WORKOUT REFERENT: trainer IRENE AMATO

DOMENICA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
10:00-11:00 *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*
18.00-19.00 *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*

- **COSA SERVE**: abbigliamento comodo, scarpe sportive, asciugamano e acqua
- **CORSO GRATUITO**!

Per saperne di più contatta Irene al numero +39 393 804 7547

show you

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-11:00 *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*	**10:00-11:00** *Sala Congressi*
18.00-19.00 *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*	**18.00-19.00** *Green Fitness Area*

- **BRING WITH YOU**: comfortable clothes, gym shoes, beach towel and water
- **FREE CLASS!**

For further information call Irene at +39 393 804 7547