

TACFIT



# ORARI CLASSI

TACFIT



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
OPEN GYM 07.00 / 20.00	OPEN GYM 08.00 / 20.00	OPEN GYM 07.00 / 20.00	OPEN GYM 08.00 / 20.00	OPEN GYM 07.00 / 20.00	
STRENGTH & METCON 09.00	YOGA 07.00	METCON 09.00	YOGA 07.00	STRENGTH & METCON 09.00	YOGA/FLOWFIT 09.00
INTERVAL TRAINING 10.00	TACFIT T26 PROTOCOL DAY 10.00	INTERVAL TRAINING 10.00	TACFIT T26 STRENGTH DAY 10.00	INTERVAL TRAINING 10.00	SATURDAY WORKOUT 10.00
INTERVAL TRAINING 12.45	TACFIT T26 PROTOCOL DAY 12.45	INTERVAL TRAINING 12.45	TACFIT T26 STRENGTH DAY 12.45	INTERVAL TRAINING 12.45	
INTERVAL TRAINING 17.00	TACFIT T26 PROTOCOL DAY 17.00	INTERVAL TRAINING 17.00	TACFIT T26 STRENGTH DAY 17.00	INTERVAL TRAINING 17.00	
STRENGTH & METCON 18.00	TACFIT T26 PROTOCOL DAY 18.00	METCON 18.00	TACFIT T26 STRENGTH DAY 18.00	STRENGTH & METCON 18.00	
STRENGTH & METCON 19.00	TACFIT T26 PROTOCOL DAY 19.00	METCON 19.00	TACFIT T26 STRENGTH DAY 19.00	STRENGTH & METCON 19.00	
VERTICALISMO* 20.00	VERTICALISMO* 20.00		VERTICALISMO* 20.00		
MOBILITY		FUNCTIONAL TRAINING		*ATTIVITÀ FUORI ABBONAMENTO TACFIT	



0461 - 141 1723  
347 - 600 4065



OPIFIT



VIA BRENNERO 135 (TRENTO)



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