

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA				
9:00-15.30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM				
15.30-16.30			KUNG FU 10-12 ANNI								
16.30-17			OPEN GYM								
17.00-18.30			KICK BOXING PER RAGAZZI E AGONISTI								
18.30-19.00			OPEN GYM								
19.00-20.30			KUNG FU / FCS KALI					CALISTHENICS	KUNG FU / FCS KALI	CALISTHENICS	OPEN GYM
20.30-22.30			OPEN GYM					OPEN GYM	OPEN GYM	OPEN GYM	

CONTATTI

Via Zurigo 14
 6900 Lugano
 +41786852675
info@performancestudio.ch