



I NOSTRI CORSI | ULYSSE FITNESS

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:15		PILATES		PILATES	
09:30	TOTAL BODY		TOTAL BODY		TOTAL BODY
10:30					
13:30	POWER GYM		POWER TONE		POWER GYM
14:30					
16:30	BABY ACADEMY	KARATE BABY/JR		KARATE BABY/JR	BABY ACADEMY
17:00					
17:30		KARATE JR		KARATE JR	
18:00	WORKOUT		PUMP		
18:30		KARATE JR		KARATE JR	
19:00	PILATES		PILATES		BASIC STEP
19:30		KARATE AGO.		KARATE AGO.	
19:45					
20:00	GAG		TOT. WORKOUT		GAG
20:30		FIT BOXE		FIT BOXE	
21:00					

Sorrento Via del Mare, 22 (Na) | Tel. 081 807 35 81 | www.ulyssesorrento.com  



I NOSTRI CORSI | ULYSSE FITNESS

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:15		PILATES		PILATES	
09:30	TOTAL BODY		TOTAL BODY		TOTAL BODY
10:30					
13:30	POWER GYM		POWER TONE		POWER GYM
14:30					
16:30	BABY ACADEMY	KARATE BABY/JR		KARATE BABY/JR	BABY ACADEMY
17:00					
17:30		KARATE JR		KARATE JR	
18:00	WORKOUT		PUMP		
18:30		KARATE JR		KARATE JR	
19:00	PILATES		PILATES		BASIC STEP
19:30		KARATE AGO.		KARATE AGO.	
19:45					
20:00	GAG		TOT. WORKOUT		GAG
20:30		FIT BOXE		FIT BOXE	
21:00					

Sorrento Via del Mare, 22 (Na) | Tel. 081 807 35 81 | www.ulyssesorrento.com  

I NOSTRI CORSI | ULYSSE FITNESS

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:15		PILATES		PILATES	
09:30	TOTAL BODY		TOTAL BODY		TOTAL BODY
10:30					
13:30	POWER GYM		POWER TONE		POWER GYM
14:30					
16:30	BABY ACADEMY	KARATE BABY/JR		KARATE BABY/JR	BABY ACADEMY
17:00					
17:30		KARATE JR		KARATE JR	
18:00	WORKOUT		PUMP		
18:30		KARATE JR		KARATE JR	
19:00	PILATES		PILATES		BASIC STEP
19:30		KARATE AGO.		KARATE AGO.	
19:45					
20:00	GAG		TOT. WORKOUT		GAG
20:30		FIT BOXE		FIT BOXE	
21:00					

Sorrento Via del Mare, 22 (Na) | Tel. 081 807 35 81 | www.ulyssesorrento.com  

I NOSTRI CORSI | ULYSSE FITNESS

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:15		PILATES		PILATES	
09:30	TOTAL BODY		TOTAL BODY		TOTAL BODY
10:30					
13:30	POWER GYM		POWER TONE		POWER GYM
14:30					
16:30	BABY ACADEMY	KARATE BABY/JR		KARATE BABY/JR	BABY ACADEMY
17:00					
17:30		KARATE JR		KARATE JR	
18:00	WORKOUT		PUMP		
18:30		KARATE JR		KARATE JR	
19:00	PILATES		PILATES		BASIC STEP
19:30		KARATE AGO.		KARATE AGO.	
19:45					
20:00	GAG		TOT. WORKOUT		GAG
20:30		FIT BOXE		FIT BOXE	
21:00					

Sorrento Via del Mare, 22 (Na) | Tel. 081 807 35 81 | www.ulyssesorrento.com 