

Aprile

2025



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
31	1	2	3	4	5	6
Tbfit REPS <i>Cadempino - 18:15</i>		Tbfit Muévelo! <i>Cadempino - 18:25</i>	Tbfit FOCUS <i>Cadempino - 18:30</i>	Tbfit LadiesPower <i>Cassina d'Agno - 17:15</i>	Tbfit MiniTabata <i>Parco Ciani - 10:00</i>	
7	8	9	10	11	12	13
Tbfit HIIT outdoor <i>Cadempino - 18:15</i>		Tbfit BailaFit! MIX <i>Cadempino - 18:25</i>	Tbfit TABATA <i>Cadempino - 18:30</i>	Tbfit MommyPower <i>Cadempino - 10:00</i> Tbfit LadiesPower <i>Cassina d'Agno - 17:15</i>		Tbfit Circuit <i>Parco Ciani - 10:00</i>
14	15	16	17	18	19	20
Tbfit CircuitMix <i>Cadempino - 18:30</i>		Tbfit LadiesPower <i>Cadempino - 18:25</i>	Tbfit REPS outdoor <i>Cadempino - 18:30</i>	DA CONFERMARE! Tbfit LadiesPower <i>Cassina d'Agno - 17:15</i>	Tbfit Circuit <i>Parco Ciani - 10:00</i>	
21	22	23	24	25	26	27
Tbfit TABATA <i>Cadempino - 18:15</i>		Da confermare! Tbfit Muévelo! <i>Cadempino - 18:25</i>	Tbfit HIIT <i>Cadempino - 18:30</i>	Tbfit MommyPower <i>Cadempino - 10:00</i> Tbfit LadiesPower <i>Cassina d'Agno - 17:15</i>	Tbfit MiniTABATA <i>Parco Ciani - 10:00</i>	
28	29	30		2	3	4
Tbfit FOCUS - 18:30 Stretching&Mobility - 19:35 <i>Cadempino</i>		Tbfit LadiesPower <i>Cadempino - 18:25</i>				