

LONGAGE TRAINING

FOR IMPROVE LONGEVITY & QUALITY LIFE

Referente/ Trainer: Valentina Ratti

DOMENICA SUNDAY	LUNEDI MONDAY	MARTEDI TUESDAY
10:00-11:00	10:00-11:00	10:00-11:00
 Conference Room	 Conference Room	 Conference Room
18:00-19:00	18:00-19:00	18:00-19:00
 Green Fitness Area	 Green Fitness Area	 Green Fitness Area
MERCOLEDI WEDNESDAY	GIOVEDI THURSDAY	VENERDI FRIDAY
10:00-11:00	10:00-11:00	10:00-11:00
 Conference Room	 Conference Room	 Conference Room
18:00-19:00	18:00-19:00	18:00-19:00
 Green Fitness Area	 Green Fitness Area	 Green Fitness Area

- **COSA SERVE PORTARE:** abbigliamento comodo, asciugamano e acqua.
- **CORSO GRATUITO!**
- **WHAT TO BRING WITH YOU:** comfortable clothes, beach towel and water.
- **FREE LESSONS!**

Per saperne di più contatta **Valentina** al numero: **+39 334 122 9244**

For further information call **Valentina** to this number: **+39 334 122 9244**