



SPINNING WALKING 2009/2010

SALA SPINNING

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
10.00-11.00							WALKING
11.00-12.00							WALKING
12.00-13.00	WALKING	WALKING	WALKING	WALKING	WALKING	WALKING	
13.00-14.00	Spinning	WALKING	Spinning	WALKING	WALKING	Spinning	
17.00-18.00	WALKING	WALKING	WALKING	WALKING	WALKING		
18.00-19.00	WALKING	WALKING	WALKING	WALKING	WALKING		
19.00-20.00	Spinning	WALKING	Spinning	WALKING	Spinning		
20.00-21.00	WALKING	Spinning	Spinning	Spinning	WALKING		

Centro Universitario Sportivo di Ferrara A.S.D.

Via Gramiccia,41 44123 Ferrara 0532 708520-22-23 segreteria@cusferrara.it cus@unife.it www.cusferrara.it