



## WEEKLY COURSE SCHEDULE



**MONDAYS**  
1:00 – 2:00 PM

**BODY SCULPTING** with Manuela

A total body workout. Grab some freeweights and get ready to get fit!

**TUESDAYS**  
12:00 - 1:00 PM

**ABS & LEGS** with Coach Polloni

The ultimate workout to keep you fit! Get ready to tighten your glutes and tone your abs with this intensive workout.

**TUESDAYS**  
6:00 – 7:00 PM

**DYNAMIC PUMP** with Manuela

Get fit and relax! Relieve stress and tension while you tone and stretch your body.

La Palestra at FUA, Corso Tintori, 21 (ground floor)  
Gym Hours: Monday through Thursday 9:00AM – 8:00PM  
Friday 9:00AM – 5:30PM

**SEE YOU AT THE GYM!**