

fitness

Hurry up! Have a look at our fitness courses. For sure you will find the most suitable for you and at the time which is best for you.

You can choose between different activities:

- Pilates

- Ginnastica tonificante

- G.A.G.

- Power Tone

- Total Body

- Gym Music

- A.B.S.
- Step
- corsi di ginnastica posturale.

Spinning: Of course, palestra BIG could not come without a special space dedicated to Spinning.

Schwinn-bicycles, flexible time-tables and professional instructors will capture beginner's and expert's attention.

Kick Boxing course:

Kick Boxing refers to a precise discipline and has its own style and history. This sport combines technics from japanese karate (martial-arts-style kicks) and western boxe (boxing-style punches) to defeat an opponent in a similar way to that of standard boxing. Kickboxing is a standing sport and does not allow continuation of the fight once a combatant has

reached the ground.

Pre-boxing program:

The right activity for men and women, which, thanks to a good physical training, boxing technics and tactics will help you reducing the stress you have accumulate at work or school.. and may be helpful as training for self-defence.

Easy, funny.. almost like playing!

Course held by Roberto Cossu

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