



# **LBT- LEGS, BUMS AND TUMS (GAG - GAMBE, ADDOMINALI E GLUTEI)**



**LBT IS A CLASS AIMED AT TONING LEGS, ABS AND GLUTES  
WITH AN INITIAL CARDIO PHASE**

**TUESDAYS 17:00-18:00 GYM B**

**FRIDAYS 13:00-14:00 GYM C**

**(MIN. 5 PARTICIPANTS REQUIRED)**

*Instructor: Silvia Pisano*

**FEES:**

**8 CLASSES: 65€ (TO BE USED WITHIN 2 MONTHS)**

**4 CLASSES: 36€ (TO BE USED WITHIN 1 MONTH)**

**1 CLASS: 10€**

**FIRST TRIAL LESSON: FREE OF CHARGE**



**PLEASE RESERVE YOUR SPOT BY EMAILING: [FAO-STAFF-COOP@FAO.ORG](mailto:FAO-STAFF-COOP@FAO.ORG)  
FOR INFORMATION: 0657053142**