



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, THURSDAYS
& 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
FOR INFORMATION: 0657053142**