

LUNEDI

09:30	ADDOMINALI 30' FRED
10:00	MY CIRCUIT 45' FRED
11:00	BACK SCHOOL 45' ANDREA
13:00	LESMILLS GRIT 30' FRED
13:30	LESMILLS CXWORX 30' ANDREA
16:00	TRX 30' FILIPPO
17:30	LESMILLS TECHNIQUE 30'
18:00	LESMILLS GRIT 30' LUCA
18:30	LESMILLS CXWORX 30' ANDREA
19:00	LESMILLS BODYPUMP 55' ANDREA
20:00	ADDOMINALI 30' FILIPPO
13:00	GROUP CYCLING DIMAGRIMENTO FABIO
18:30	HEAT PROGRAM MASSIMO
19:30	HEAT PROGRAM MASSIMO

MARTEDI

10:00	LESMILLS BODYPUMP 30' ANDREA
10:30	LESMILLS CXWORX 30' ANDREA
11:00	
13:00	LESMILLS CIRCUIT 45' LUCA
16:00	
17:30	BACK SCHOOL 45' ANDREA
18:30	MY Barre 30' ENRICA
19:00	STEP 30' ENRICA
19:30	LESMILLS BODYPUMP 30' LUCA
20:00	LESMILLS SPECIAL 30' LUCA
18:30	Yoga VINYASA 55' CRISTINA
18:30	ENDURANCE FABIO
19:00	GROUP CYCLING MASSIMO

MERCOLEDI

10:00	LESMILLS GRIT 30' FRED
10:30	TRX 30' FRED
11:00	BACK SCHOOL 45' ANDREA
13:00	LESMILLS BODYPUMP 45' ANDREA
16:00	ADDOMINALI 30' FILIPPO
17:30	pilates 45' ENRICA
18:30	TRX 30' FILIPPO
19:00	ATTAK 30' LUCA
19:30	ADDOMINALI 30' FRED
20:00	LESMILLS GRIT 30' FRED
10:00	GROUP CYCLING FABIO
13:00	HEAT PROGRAM MASSIMO
18:30	HEAT PROGRAM MASSIMO

GIOVEDI

10:00	LESMILLS BODYPUMP 30' LUCA
10:30	ATTAK 30' LUCA
11:00	
13:00	pilates 45' ENRICA
16:00	
17:30	MY Barre 30' ENRICA
18:00	STEP 30' ENRICA
18:30	BACK SCHOOL 45' ANDREA
19:30	LESMILLS BODYPUMP 45' ANDREA
20:00	
13:00	GROUP CYCLING MASSIMO
17:30	Yoga HATHA 55' CRISTINA
18:30	ENDURANCE FABIO
19:00	GROUP CYCLING MASSIMO

VENERDI

09:00	Yoga HATHA 55' CRISTINA
10:00	TRX 30' FRED
10:30	ADDOMINALI 30' FRED
13:00	cardio ADDOMINALI 30' FRED
16:00	
17:30	LESMILLS CXWORX 30' ANDREA
18:00	ATTAK 30' LUCA
18:30	LESMILLS GRIT 30' LUCA
19:00	pilates 45' ENRICA
20:00	
19:30	HEAT PROGRAM MASSIMO

SABATO

10:00	
10:30	
11:00	BACK SCHOOL 45' ANDREA
12:00	Yoga VINYASA 55' CRISTINA
16:00	LESMILLS SPECIAL 30'
17:30	
18:30	
19:00	
20:00	
12:00	GROUP CYCLING MASSIMO

SALA ROSSA
SALA BLU
SALA VERDE