

# PALINSESTO CORSI

valido dal 09 GENNAIO



## SALA ROSSA

## SALA H.E.A.T.

## SALA BIKE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
	10:00 <b>FAT BURN</b> 60 LUCA	10:00 <b>LES MILLS BODYPUMP</b> 30 ANDREA S.		10:00 <b>LES MILLS BODYPUMP</b> 30 LUCA	10:00 <b>STEP</b> 30 ENRICA	
	11:00 <b>BACK SCHOOL</b> 45 ANDREA C.	10:30 <b>CX CORE</b> 30 ANDREA S.	11:00 <b>BACK SCHOOL</b> 45 ANDREA S.	10:30 <b>ATTAK FUNCTIONAL</b> 45 LUCA	10:30 <b>Bs BOOTY shape</b> 30 ENRICA	11:00 <b>BACK SCHOOL</b> 45 ANDREA C.
	13:00 <b>COMBAT</b> 30 ANDREA S.	13:00 <b>FAT BURN</b> 60 ANDREA C.	13:00 <b>ATTAK FUNCTIONAL</b> 45 LUCA	13:00 <b>LES MILLS BODYPUMP</b> 45 ANDREA S.	13:00 <b>pilates</b> 45 ENRICA	
	13:30 <b>CX CORE</b> 30 ANDREA S.					
	17:30 <b>Bs BOOTY shape</b> 30 ENRICA	17:30 <b>BACK SCHOOL</b> 45 ANDREA C.	17:30 <b>pilates</b> 45 ENRICA	17:30 <b>BACK SCHOOL</b> 45 ANDREA C.	17:30 <b>CX CORE</b> 30 ANDREA S.	
	18:00 <b>STEP</b> 30 ENRICA	18:15 <b>FAT BURN</b> 45 ANDREA C.		18:15 <b>FAT BURN</b> 45 ANDREA C.	18:00 <b>LES MILLS BODYPUMP</b> 30 LUCA	
	18:30 <b>CX CORE</b> 30 ANDREA S.		18:30 <b>Bs BOOTY shape</b> 30 ENRICA		18:30 <b>HIT cardio</b> 30 LUCA	
	19:00 <b>LES MILLS BODYPUMP</b> 60 ANDREA S.	19:00 <b>ATTAK</b> 45 LUCA	19:00 <b>ADDOMINALI</b> 30 ENRICA	19:00 <b>COMBAT</b> 45 ANDREA S.	19:00 <b>pilates</b> 45 ENRICA	
	20:00 <b>Power Yoga</b> 45 SERENA	20:00 <b>HIT forza</b> 30 LUCA	19:30 <b>LES MILLS BODYPUMP</b> 45 ANDREA S.	19:45 <b>Power Yoga</b> 45 SERENA		
	13:00 <b>HEAT PROGRAM</b> 60 DAMIANO		09:30 <b>HEAT PROGRAM</b> 60 DAMIANO		13:00 <b>HEAT PROGRAM</b> 60 DAMIANO	15:00 <b>HEAT PROGRAM</b> 60 MAX
	18:00 <b>HEAT PROGRAM</b> 60 FULVIO	18:30 <b>HEAT PROGRAM</b> 60 MAX	13:00 <b>HEAT PROGRAM</b> 60 DAMIANO	18:30 <b>HEAT PROGRAM</b> 60 MAX	18:00 <b>HEAT PROGRAM</b> 60 FULVIO	
	19:00 <b>HEAT PROGRAM</b> 60 FULVIO	19:30 <b>HEAT PROGRAM</b> 60 MAX	18:00 <b>HEAT PROGRAM</b> 60 FULVIO	19:30 <b>HEAT PROGRAM</b> 60 MAX	19:00 <b>HEAT PROGRAM</b> 60 FULVIO	
	18:00 <b>ENDURANCE</b> 30 FABIO		18:30 <b>GROUP CYCLING</b> 60 SILVIO		18:00 <b>ENDURANCE</b> 30 FABIO	12:00 <b>GROUP CYCLING</b> 60
	19:00 <b>GROUP CYCLING</b> 45 UMBERTO				19:00 <b>GROUP CYCLING</b> 45 UMBERTO	