

# PALINSESTO CORSI

valido dal 08 GENNAIO



## SALA ROSSA

## SALA H.E.A.T.

## SALA BIKE

### LUNEDI

10:00 **FAT BURN** 60  
LUCA

11:00 **BACK SCHOOL** 45  
ANDREA C.

13:00 **COMBAT** 30  
ANDREA S.

13:30 **CX CORE** 45  
ANDREA S.

17:30 **BS BOOTY shape** 30  
ENRICA

18:00 **STEP** 30  
ENRICA

18:30 **CX CORE** 45  
ANDREA S.

19:00 **LES MILLS BODYPUMP** 60  
ANDREA S.

20:00 **Power Yoga** 45  
SERENA

13:00 **H.E.A.T. PROGRAM** 60  
DAMIANO

18:00 **H.E.A.T. PROGRAM** 60  
FULVIO

19:00 **H.E.A.T. PROGRAM** 60  
FULVIO

18:00 **ENDURANCE** 30  
FABIO

19:00 **GROUP CYCLING** 45  
LIMBERTO

### MARTEDI

10:00 **LES MILLS BODYPUMP** 30  
ANDREA S.

10:30 **CX CORE** 45  
ANDREA S.

13:00 **FAT BURN** 60  
ANDREA C.

17:30 **BACK SCHOOL** 45  
ANDREA S.

18:15 **FAT BURN** 45  
ANDREA C.

19:00 **ATTAK** 45  
LUCA

19:45 **HIT forza** 30  
LUCA

18:30 **H.E.A.T. PROGRAM** 60  
MAX

19:30 **H.E.A.T. PROGRAM** 60  
MAX

18:30 **GROUP CYCLING** 60  
SILVIO

### MERCOLEDI

11:00 **BACK SCHOOL** 45  
ANDREA S.

13:00 **ATTAK FUNCTIONAL** 45  
LUCA

17:30 **pilates** 45  
ENRICA

18:30 **BS BOOTY shape** 30  
ENRICA

19:00 **ADDOMINALI** 40  
ENRICA

19:30 **LES MILLS BODYPUMP** 45  
ANDREA S.

13:00 **H.E.A.T. PROGRAM** 60  
DAMIANO

18:00 **H.E.A.T. PROGRAM** 60  
FULVIO

19:00 **H.E.A.T. PROGRAM** 60  
FULVIO

18:00 **ENDURANCE** 30  
FABIO

19:00 **GROUP CYCLING** 45  
LIMBERTO

### GIOVEDI

10:00 **LES MILLS BODYPUMP** 30  
LUCA

10:30 **ATTAK FUNCTIONAL** 45  
LUCA

13:00 **LES MILLS BODYPUMP** 45  
ANDREA S.

17:30 **BACK SCHOOL** 45  
ANDREA C.

18:15 **FAT BURN** 45  
ANDREA C.

19:00 **COMBAT** 45  
ANDREA S.

19:45 **Power Yoga** 45  
SERENA

18:30 **H.E.A.T. PROGRAM** 60  
MAX

19:30 **H.E.A.T. PROGRAM** 60  
MAX

18:30 **GROUP CYCLING** 60  
SILVIO

### VENERDI

10:00 **STEP** 30  
ENRICA

10:30 **BS BOOTY shape** 30  
ENRICA

13:00 **pilates** 45  
ENRICA

17:30 **CX CORE** 45  
ANDREA S.

18:00 **LES MILLS BODYPUMP** 30  
LUCA

18:30 **HIT cardio** 30  
LUCA

19:00 **pilates** 45  
ENRICA

13:00 **H.E.A.T. PROGRAM** 60  
DAMIANO

18:00 **H.E.A.T. PROGRAM** 60  
FULVIO

19:00 **H.E.A.T. PROGRAM** 60  
FULVIO

18:00 **ENDURANCE** 30  
FABIO

19:00 **GROUP CYCLING** 45  
LIMBERTO

### SABATO

11:00 **BACK SCHOOL** 45  
ANDREA C.

10:00 **H.E.A.T. PROGRAM** 60  
MAX

15:00 **H.E.A.T. PROGRAM** 60  
MAX

12:00 **GROUP CYCLING** 60