

## CORSI LIDO FITNESS

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9							
9.30		MIX-CIRCUIT (G.A.G)		MIX-CIRCUIT			
10	EASY TONE		EASY TONE		EASY TONE	PILATES	
10.45		PILATES&FLEXIBILITY		PILATES&FLEXIBILITY			
11.00						GROUPCYCLING	
11.00						TOTAL BODY	
13		GROUPCYCLING		GROUPCYCLING			
13	SUSPENSION TRAIN CIRCUIT (TRX)	FUNCTIONAL TZ-TRAIN	SUSPENSIONTRAIN CIRCUIT (TRX)	FUNCTIONAL TZ-TRAIN	SUSPENSION TRAIN CIRCUIT (TRX)		
15.30		URBAN TONE		URBAN TONE			
17	STRETCH	POSTURAL GYM	STRETCH	POSTURAL GYM	STRETCH		
18	BODYSCULPT (TONE)	FITBOXE	BODYSCULPT (TONE)	CIRCUIT – TRAIN	BODYSCULPT (FATBURN)		
18.30			GROUPCYCLING		GROUPCYCLING		
18.30	FUNCTIONAL IN&OUT		FUNCTIONAL IN&OUT		FUNCTIONAL IN&OUT		
19	GROUPCYCLING	GROUPCYCLING		GROUPCYCLING			
19	CALISTHENICS	DYNAMIC PILATES	360° FIT (TABATA)	DYNAMIC PILATES	360° FIT (TABATA)		
20	BREATH&FLOW (YOGAFLEX)						

CORSI PRENOTABILI ONLINE O PER WHATSAPP

PER INFO E PRENOTAZIONI: 353/4043054