

VALIDO DAL 21 OTTOBRE. L'ORARIO POTREBBE SUBIRE DELLE VARIAZIONI. **PRENOTAZIONE OBBLIGATORIA** \*\* FUORI ABBONAMENTO

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
8.00	WAKE UP TRAINING		WAKE UP TRAINING				
8.15				TABATA CIRCUIT			
8.30		LMCORE 30'			LM BODYCOMBAT 45'		
9.00	GROUPCYCLING	LMBODYPUMP 45'	ATLETISMO				
9.30				FITBOXECircuit	LMCORE 30''		
9.45		STEP - TONO				NONNI/NIPOTI**	NONNI/NIPOTI**
10.00	TONO		TONO		EASY TONE	PILATES	
10.45		PILATES & FLEXIBILITY		PILATES & FLEXIBILITY			
11.00	FLEX PILATES		FLEX PILATES		STRETCHING	GROUPCYCLING	
11.00						TOTAL-BODY	
13.00	LM BODYATTACK 45'	GROUPCYCLING	LM BODYCOMBAT 45'	GROUPCYCLING	LM B. ATTACK&CORE 45'		
13.00	SUSPENSION TRAIN (TRX)	FUNCTIONAL TZ-TRAIN	SUSPENSIONE TRAIN (TRX)	FUNCTIONAL TZ.-TRAIN	SUSPENSION TRAIN TRX		
16.00		URBAN-TONE		URBAN-TONE			
17.00	POSTURAL-STRETCH	PURE STRETCH	POSTURAL-STRETCH	PURE- STRETCH	POSTURAL-STRETCH		
17.30	SENIOR**		SENIOR**				
18.00	BODYSCULPT (TONE)	FITBOXE	BODYSCULPT (TONE)	STEP CIRCUIT	FATBURN TRX CIRCUIT		
18.00	GROUPCYCLING			GROUPCYCLING			
18.30			GROUPCYCLING		GROUPCYCLING		
18.30	FUNCTIONAL IN & OUT		FUNCTIONAL IN & OUT		FUNCTIONAL IN & OUT		
19.00	LM BODYATTACK 45'	DYNAMIC -PILATES	LM COMBAT 45'	DYNAMIC -PILATES			
19.00	GROUPCYCLING	GROUPCYCLING		GROUPCYCLING	TANGO**		
19.30	CALISTHENICS						
19.45	LM CORE 45'		LM CORE 45'				