

STAGIONE 2023. L'ORARIO POTREBBE SUBIRE DELLE VARIAZIONI. **PRENOTAZIONE E CERTIFICATO MEDICO OBBLIGATORI**

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
8.30							
8.15							
8.30		LMCORE 30'			LM BODYCOMBAT 45'		
9.00	GROUPCYCLING	LMBODYPUMP 45'					
9.15					LMCORE 30''		
9.30			GROUPCYCLING	FITBOXE CIRCUIT			
9.45		STEP - TONO					
10.00	TONO		TONO		EASY TONE	PILATES	
10.30							PSM - PILATES IN SOSPENSIONE
10.45		PILATES&FLEXIBILITY		PILATES & FLEXIBILITY			
11.00						TOTAL BODY	
11.00	FLEX PILATES		FLEX PILATES		STRETCHING	GROUPCYCLING	
13.15				GROUPCYCLING			
13.00	LM BODYATTACK 45'	GROUPCYCLING	LM BODYCOMBAT 45'		LM B. ATTACK&CORE 45'		
13.00	SUSP. TZ- TRAIN TRX - CIRCUIT	FUNCTIONAL TZ-TRAIN	SUSP. TZ-TRAIN TRX - CIRCUIT	FUNCTIONAL TZ-TRAIN	SUSP. TZ-TRAIN TRX-CIRCUIT		
16.00		URBAN-TONE		URBAN-TONE			
17.00	POSTURAL-STRETCH	PURE STRETCH	POSTURAL-STRETCH	PURE- STRETCH	POSTURAL-STRETCH		
18.00	BODYSULPT (TONE)	FITBOXE	BODYSULPT (TONE)	STEP CIRCUIT	FATBURN TRX CIRCUIT		
18.00	GROUPCYCLING			GROUPCYCLING	GROUPCYCLING		
18.30			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	GROUPCYCLING		
19.30	CALISTHENICS						
19.45	LM CORE 45'		LM CORE 45'				