

## CORSI LIDO FITNESS - info: 3534043054

STAGIONE 2023/24. L'ORARIO POTREBBE SUBIRE DELLE VARIAZIONI. **PRENOTAZIONE OBBLIGATORIA. \*\* FUORI ABBONAMENTO.**

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
8.30		LMCORE 30'			LM BODYCOMBAT 45'		
9.00		LMBODYPUMP 45'					
9.15					LMCORE 30'		
9.30			GROUPCYCLING	FITBOXE CIRCUIT			
9.45		STEP - CIRCUIT					
10.00	TONO		FULL- BODY		EASY TONE	PILATES	
10.30							PSM -SUSPPIL
11.00	FLEX PILATES	YOGA	FLEX PILATES	YOGA	PIL - STRETCH	GROUPCYCLING	
11.00						TOTAL-BODY	
13.00	LM BODYATTACK 45'	GROUPCYCLING	LM BODYCOMBAT 45'		LM BODYPUMP 45'	Ore12 LMBPUMP*** 1 volta al mese	
13.00	SUSPENSION TRAIN (TRX)	FUNCTIONAL TZ-TRAIN	SUSPENSION TRAIN (TRX)	FUNCTIONAL TZ-TRAIN	SUSPENSION TRAIN (TRX)		
16.00		URBAN-TONE		URBAN-TONE	ZUMBA		
17.00	POSTURAL- GYM	PURE STRETCH	POSTURAL- GYM	PURE- STRETCH	POSTURAL - GYM		
18.00	BODYSULPT (TONE)	Fit&Boxe	BODYSULPT	Fit&Boxe	FATBURN TRX CIRCUIT		
18.00	GROUPCYCLING		GROUPCYCLING	GROUPCYCLING	GROUPCYCLING		
18.30	FUNCTIONAL IN & OUT	FLEX&FORZA **	FUNCTIONAL IN & OUT	FLEX&FORZA **	FUNCTIONAL IN & OUT		
19.00	LM BODYATTACK 45'	DYNAMIC -PILATES	LM BODYCOMBAT 45'	DYNAMIC -PILATES			
19.30		VERTICALISMO **		VERTICALISMO **			
19.00	GROUPCYCLING	GROUPCYCLING	GROUPCYCLING	GROUPCYCLING	GROUPCYCLING		
19.30	CALISTHENICS						
19.45	LM BODYPUMP 45'		LM CORE 45'				