

CORSI LIDO FITNESS - info/prenotazioni: 3534043054

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SALA FITNESS								SALA SPINNING												
ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA	ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO						
08.30		LES MILLS CORE 30'			LES MILLS BODYCOMBAT			9.15												
09.00		LES MILLS BODYPUMP						9.30												
09.15					LES MILLS CORE 30'			11.00												
09.30				FIT BOX CIRCUIT				13.00												
09.45		STEP CIRCUIT						18.00												
10.00	TONO		TONO		TONO	PILATES		18.00												
10.30							PSM - SUSPPIL	18.30												
11.00	PILATES	YOGA	PILATES	YOGA	FLEX & MOBILITY	LES MILLS BODYPUMP		19.00												
11.30							PSM - SUSPPIL	LEGGENDA <div style="display: inline-block; vertical-align: middle; margin-left: 10px;"> <table style="border: 1px solid black; text-align: center;"> <tr> <td style="width: 20px; height: 20px; background-color: red;"></td> <td style="width: 20px; height: 20px; background-color: black;"></td> </tr> <tr> <td style="width: 20px; height: 20px; background-color: yellow;"></td> <td style="width: 20px; height: 20px; background-color: olive;"></td> </tr> <tr> <td style="width: 20px; height: 20px; background-color: blue;"></td> <td style="width: 20px; height: 20px; background-color: gray;"></td> </tr> </table> </div> <div style="margin-left: 10px;"> <p>CORSI DI TONIFICAZIONE</p> <p>CORSI CARDIO</p> <p>CORSI OLISTICI</p> </div>												
13.00	LES MILLS BODYATTACK	FUNCTIONAL	LES MILLS BODYCOMBAT	FUNCTIONAL	LES MILLS BODYPUMP															
13.00	SUSPENSION TRAIN TRX		STRETCH & CORE		SUSPENSION TRAIN TRX															
16.00		URBAN TONE		URBAN TONE																
17.00	POSTURAL GYM	STRETCH	POSTURAL GYM	STRETCH	POSTURAL GYM			SALA FUNCTIONAL												
18.00	BODYSULPT	FIT & BOXE®	BODYSULPT	FIT & BOXE®	BODYSULPT			ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO						
18.15								11.00						CALISTHENICS 1h e 30'						
19.00	LES MILLS BODYATTACK	PILATES	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYPUMP			18.30	CROSS TRAINING	FLEX & FORZA	CROSS TRAINING	FLEX & FORZA	CROSS TRAINING							
19.15								19.00												
19.30								19.30	CALISTHENICS 1h e 30'	VERTICALISMO		VERTICALISMO								
19.45	LES MILLS BODYPUMP		LES MILLS CORE					19.45												