


# CORSI LIDO FITNESS - info/prenotazioni: 3534043054 fuori abbonamento\*\*

SALA FITNESS								SALA SPINNING						
ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA	ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
08.30		<b>LES MILLS CORE 30</b>			<b>LES MILLS BODYCOMBAT</b>			9.15						
09.00		<b>LES MILLS BODYPUMP</b>						9.30			<b>INDOOR CYCLING</b>			
09.15					<b>LES MILLS CORE 30</b>			11.00						<b>INDOOR CYCLING</b>
09.45				<b>FIT BOXE CIRCUIT</b>				13.00		<b>INDOOR CYCLING</b>		<b>INDOOR CYCLING</b>		
09.45								18.00						
10.00	<b>TONO</b>	<b>STEP CIRCUIT</b>	<b>TONO</b>		<b>TONO</b>	<b>PILATES</b>		18.00	<b>INDOOR CYCLING</b>		<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	
10.30							<b>PSM SUSPPIL</b>	18.30		<b>INDOOR CYCLING</b>				
11.00	<b>PILATES</b>	<b>YOGA</b>	<b>PILATES</b>	<b>YOGA</b>	<b>FLEX &amp; MOBILITY</b>	<b>LES MILLS BODYPUMP</b>		19.00	<b>INDOOR CYCLING</b>		<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	
11.30							<b>PSM SUSPPIL</b>	<b>LEGGENDA</b>						
13.00	<b>LES MILLS BODYATTACK</b>	<b>FUNCTIONAL</b>	<b>LES MILLS BODYCOMBAT</b>	<b>FUNCTIONAL</b>	<b>LES MILLS BODYPUMP</b>						CORSI DI TONIFICAZIONE			
13.30										CORSI CARDIO				
16.00		<b>URBAN TONE</b>		<b>URBAN TONE</b>					CORSI OLISTICI					
17.00	<b>POSTURAL GYM</b>	<b>STRETCH</b>	<b>POSTURAL GYM</b>	<b>STRETCH</b>	<b>POSTURAL GYM</b>			<b>SALA FUNCTIONAL</b>						
18.00	<b>BODYSCULPT</b>	<b>FIT BOXE</b>	<b>BODYSCULPT</b>	<b>FIT BOXE</b>	<b>BODYSCULPT</b>			ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
18.15								11.00						<b>CALISTHENICS 1h e 30'</b>
19.00	<b>LES MILLS BODYATTACK</b>	<b>PILATES</b>	<b>LES MILLS BODYCOMBAT</b>	<b>PILATES</b>				13.00	<b>SUSPENSION TRAIN TRX</b>		<b>STRETCH &amp; CORE</b>		<b>SUSPENSION TRAIN TRX</b>	
19.15								18.30	<b>CROSS TRAINING</b>	<b>FLEX &amp; FORZA**</b>	<b>CROSS TRAINING</b>	<b>FLEX &amp; FORZA**</b>	<b>CROSS TRAINING</b>	
19.30								19.30	<b>CALISTHENICS 1h e 30'</b>	<b>VERTICALISMO**</b>		<b>VERTICALISMO**</b>		
19.45	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS CORE</b>					19.45						