








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

SALA FITNESS - 45' di lezioni								SALA SPINNING - 45' di lezioni						
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>		PILATES				9.30			INDOOR CYCLING			
09.15	MOBILITY & CORE				<b>LES MILLS CORE 30'</b>			11.00						INDOOR CYCLING
09.45								13.00		INDOOR CYCLING		INDOOR CYCLING		
09.45								18.00						
10.00	POWER CIRCUIT	BODYSULPT BAND	FIT - TONO	FIT BOXE CIRCUIT	TOTAL BODY	PILATES		18.00	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING
10.30							PSM SUSPPIL	18.30						
11.00	PILATES	YOGA	PILATES	YOGA	FLEX & MOBILITY			19.00	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING
11.30						<b>LES MILLS BODYPUMP</b>	PSM SUSPPIL	<b>LEGGENDA</b> 						
13.00	<b>LES MILLS BODYATTACK</b>	FUNCTIONAL	<b>LES MILLS BODYCOMBAT</b>	FUNCTIONAL	<b>LES MILLS BODYPUMP</b>			 	CORSI DI TONIFICAZIONE			CORSI OLISTICI		
13.30								 	CORSI CARDIO			CORSI DI DANZA		
16.00		URBAN TONE		URBAN TONE				ORAIO	SALA FUNZIONALE - 45' DI LEZIONE					
17.00	POSTURAL GYM	STRETCH	POSTURAL GYM	STRETCH	POSTURAL GYM			ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
18.00	BODYSULPT	<b>XBOX FITNESS AND FUNCTIONAL TRAINING</b>	BODYSULPT	<b>XBOX FITNESS AND FUNCTIONAL TRAINING</b>	BODYSULPT			11.00						CALISTHENICS 1h e 30'
18.15								13.00	TRX CIRCUIT	<b>LES MILLS CORE</b>	STRETCH & CORE	MOVMENT	TRX CIRCUIT	
19.00	<b>LES MILLS BODYATTACK</b>	PILATES	<b>LES MILLS BODYCOMBAT</b>	PILATES	<b>LES MILLS BODYPUMP</b>			16.30		DANZA CLASSICA		DANZA CLASSICA		
19.15								17.30		DANZA CLASSICA		DANZA CLASSICA		
19.45	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS CORE 30'</b>		ROPE FLOW			18.30	CROSS TRAINING	FLEX & FORZA**	CROSS TRAINING	FLEX & FORZA**	CROSS TRAINING	
20.00		BREATH & FLOW						19.30	CALISTHENICS 1h e 30'	VERTICALISMO **	CALISTHENICS 1h e 30'	VERTICALISMO **		

