

**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
07.45														
08.30								9.00			<b>INDOOR CYCLING</b>			
09.00				<b>PILATES</b>				10.00						<b>INDOOR CYCLING</b>
09.15	<b>MOBILITY &amp; CORE</b>							11.00						<b>INDOOR CYCLING</b>
09.30								13.00		<b>INDOOR CYCLING</b>		<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	
09.45								18.00						
10.00	<b>POWER CIRCUIT</b>	<b>BODYSULPT BAND</b>	<b>FIT - TONO</b>	<b>FIT BOXE CIRCUIT</b>	<b>TOTAL BODY</b>	<b>PILATES</b>		18.00	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>
10.30							<b>PSM SUSPPIL</b>	18.30						
11.00	<b>PILATES</b>	<b>YOGA</b>	<b>PILATES</b>	<b>YOGA</b>	<b>FLEX &amp; MOBILITY</b>			19.00	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>	<b>INDOOR CYCLING</b>
11.30							<b>PSM SUSPPIL</b>	<b>LEGENDA</b>						
13.00		<b>FUNCTIONAL</b>		<b>FUNCTIONAL</b>					<b>CORSI DI TONIFICAZIONE</b>			<b>CORSI OLISTICI</b>		
13.30									<b>CORSI CARDIO</b>			<b>CORSI DI DANZA</b>		
16.00		<b>URBAN TONE</b>		<b>URBAN TONE</b>	<b>URBAN TONE</b>			<b>ORAIO</b>	<b>SALA FUNZIONALE - 45' DI LEZIONE</b>					
17.00	<b>POSTURAL GYM</b>	<b>STRETCH</b>	<b>POSTURAL GYM</b>	<b>STRETCH</b>	<b>POSTURAL GYM</b>			<b>ORARIO</b>	<b>LUNEDI</b>	<b>MARTEDI</b>	<b>MERCOLEDI</b>	<b>GIOVEDI</b>	<b>VENERDI</b>	<b>SABATO</b>
18.00	<b>BODYSULPT</b>		<b>BODYSULPT</b>		<b>BODYSULPT</b>			11.00						<b>CALISTHENICS</b>
18.15								13.00	<b>TRX CIRCUIT</b>		<b>STRETCH &amp; CORE</b>			
19.00		<b>PILATES</b>		<b>PILATES</b>				16.30				<b>DANZA CLASSICA</b>		
19.15								17.00						
19.45					<b>ROPE FLOW</b>			18.30	<b>CROSS TRAINING</b>	<b>FLEX &amp; FORZA**</b>	<b>CROSS TRAINING</b>	<b>FLEX &amp; FORZA**</b>	<b>CROSS TRAINING</b>	
20.00		<b>BREATH &amp; FLOW</b>						19.30	<b>CALISTHENICS</b>	<b>VERTICALISMO **</b>	<b>CALISTHENICS</b>	<b>VERTICALISMO **</b>		