

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	08.15				LES MILLS BODYPUMP			9.00		INDOOR CYCLING											
08.30	XBOX FITBOX AND FUNCTIONAL TRAINING	LES MILLS CORE 30			LES MILLS BODYCOMBAT			10.00						INDOOR CYCLING							
09.00		LES MILLS BODYPUMP		PILATES				11.00						INDOOR CYCLING							
09.15	MOBILITY & CORE				LES MILLS CORE 30	PSM SUSPPIL		13.00		INDOOR CYCLING			INDOOR CYCLING								
09.30							XBOX FITBOX AND FUNCTIONAL TRAINING	18.00													
09.45								18.00													
10.00	POWER CIRCUIT	BODYSCULPT BAND	FIT - TONO	XBOX FITBOX AND FUNCTIONAL TRAINING	TOTAL BODY	PILATES		18.30	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING								
10.30							PSM SUSPPIL	19.00													
11.00	PILATES	YOGA	PILATES	YOGA	FLEX & MOBILITY	LES MILLS BODYPUMP			CORSI DI TONIFICAZIONE			CORSI OLISTICI									
11.30							PSM SUSPPIL		CORSI CARDIO			CORSI DI DANZA									
13.00	LES MILLS BODYATTACK	FUNCTIONAL	LES MILLS BODYCOMBAT	FUNCTIONAL	LES MILLS BODYPUMP			SALA FUNZIONALE - 45' DI LEZIONE													
13.30								ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO							
16.00								12.30		XBOX FITBOX AND FUNCTIONAL TRAINING CORE TRAINING				CALISTHENICS ORE 11:00							
17.00	POSTURAL GYM	STRETCH	POSTURAL GYM	STRETCH	POSTURAL GYM			13.00	STRETCH & CORE		STRETCH & CORE	PILATES									
18.00	BODYSCULPT	XBOX FITBOX AND FUNCTIONAL TRAINING	BODYSCULPT	XBOX FITBOX AND FUNCTIONAL TRAINING	BODYSCULPT			13.15		XBOX FITBOX AND FUNCTIONAL TRAINING CORE TRAINING											
18.15								16.30	16.30 D.CLASSICA			16.30 D.CLASSICA									
19.00	LES MILLS BODYATTACK	PILATES	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYPUMP			17.00		XBOX FITBOX AND FUNCTIONAL TRAINING CORE TRAINING											
19.00								18.00		URBAN TONE	SKILLS & STRENGTH										
19.30								18.30	CROSS TRAINING					CROSS TRAINING							
19.45	LES MILLS BODYPUMP	PILATES	LES MILLS CORE 30					19.00			CROSS TRAINING										
20.00								19.30	CALISTHENICS												

SI RICORDA A GLI ABBONATI CHE IL PLANNING PUO' SUBIRE DELLE VARIAZIONI DURANTE LA STAGIONE