

CORSI LIDO FITNESS - info/prenotazioni: 3534043054

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					LES MILLS BODYPUMP			9.00						
08.15	XBOX FITBOX AND MARTIAL TRAINING			PILATES				10.00						
08.30		LES MILLS CORE 30'			LES MILLS BODYCOMBAT			11.00						INDOOR CYCLING
09.00		LES MILLS BODYPUMP						13.00		INDOOR CYCLING			INDOOR CYCLING	
09.15	MOBILITY & CORE				LES MILLS CORE 30'	PSM SUSPPIL		18.00						
09.30							XBOX FITBOX AND MARTIAL TRAINING	18.00	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	
09.45								18.30						
10.00	POWER CIRCUIT	BODYSCULPT BAND	FIT - TONO	XBOX FITBOX AND MARTIAL TRAINING	TOTAL BODY	PILATES		19.00	INDOOR CYCLING			INDOOR CYCLING		
10.30							PSM SUSPPIL		CORSI DI TONIFICAZIONE			CORSI OLISTICI		
11.00	PILATES	YOGA	PILATES	YOGA	FLEX & MOBILITY	LES MILLS BODYPUMP			CORSI CARDIO			CORSI DI DANZA		
11.30							PSM SUSPPIL		SALA FUNZIONALE - 45' DI LEZIONE					
13.00	LES MILLS BODYATTACK	FUNCTIONAL	LES MILLS BODYCOMBAT	FUNCTIONAL	LES MILLS BODYPUMP			ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
13.30								12.30		XBOX FITBOX AND MARTIAL TRAINING CORE TRAINING				CALISTHENICS 11.00
16.00					URBAN TONE dal 3/11			13.00	STRETCH & CORE		STRETCH & CORE	PILATES		
17.00	POSTURAL GYM	XBOX FITBOX AND MARTIAL TRAINING	POSTURAL GYM	STRETCH	POSTURAL GYM			13.15		XBOX FITBOX AND MARTIAL TRAINING CORE TRAINING				
18.00	BODYSCULPT	XBOX FITBOX AND MARTIAL TRAINING	BODYSCULPT	XBOX FITBOX AND MARTIAL TRAINING	BODYSCULPT			16.30	16.30 D.CLASSICA			16.30 D.CLASSICA		
18.15								17.00	17.30 D.CLASSICA	STRETCH		17.30 D.CLASSICA		
19.00	LES MILLS BODYATTACK	PILATES	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYPUMP			18.00		URBAN TONE dal 3/11	SKILLS & STRENGHT			
19.30								18.30	CROSS TRAINING				CROSS TRAINING	
19.45	LES MILLS BODYPUMP		LES MILLS CORE 30'					19.00			CROSS TRAINING			
20.00								19.30	CALISTHENICS					
								IL CORSO DI URBAN TONE SI SVOLGE ALL'ESTERNO METEO PERMETTENDO						
SI RICORDA A GLI ABBONATI CHE IL PLANNING PUO' SUBIRE DELLE VARIAZIONI DURANTE LA STAGIONE														