

# SALA 1

ORARIO 2020 - 2021

Tutte le lezioni sono su prenotazione.  
L'orario dei corsi potrà subire variazioni durante l'anno.  
\* Corsi a pagamento

LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ			SABATO		
8.30	Cardio Tono	30'	8.30	Gambe Glutei	30'	8.30	Funzionale	45'	8.30	LesMills BodyCombat	30'	8.30	LesMills BodyPump	30'			
9.15	Beat Dance	45'	9.15	Body in Action	30'	9.30	LesMills BodyPump	45'	9.00	LesMills CxWorx	30'	9.15	LesMills CxWorx	30'			
10.15	Stretching	30'	10.00	LesMills BodyPump	45'	10.00	Core Training	30'	9.30	LesMills BodyPump	45'	9.45	LesMills BodyCombat	45'	10.15	Stretching	45'
11.00	Zumba	45'				10.30	Pilates	45'				11.00	Zumba	45'			
															11.00	LesMills CxWorx	30'
															11.30	LesMills BodyCombat	45'
13.00	LesMills BodyAttack	45'	13.00	Interval Training	60'	13.00	LesMills BodyCombat	45'	13.00	Circuit Training	60'	13.00	LesMills BodyAttack	45'			
17.30	Cross Training	30'	17.00	Pilates	45'	17.30	LesMills BodyAttack	45'				17.30	Core Training	30'			
18.00	LesMills CxWorx	30'	18.00	LesMills CxWorx	30'	18.15	LesMills CxWorx	30'	17.45	Cross Training	45'	18.00	Piloxing	45'			
18.30	LesMills BodyAttack	30'	18.30	LesMills BodyPump	45'	19.00	Functional Training	45'	18.30	LesMills BodyPump	45'	18.45	Flexibility	30'			
19.00	LesMills BodyPump	45'	19.30	LesMills BodyCombat	45'	20.00	LesMills BodyPump	45'	19.30	LesMills BodyCombat	45'						
20.00	Cross Training	30'															
			20.15	Krav Maga*					20.15	Krav Maga*							