



# FUTURA

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

10.00

LES MILLS  
BODYBALANCE

H.E.A.T.  
PROGRAM

TRX  
Suspension Training

13.00

GROUP CYCLING

TRX  
Suspension Training

H.E.A.T.  
CIRCUIT

18.00

LES MILLS  
CORE

LES MILLS  
CORE

19.00

LES MILLS  
BODYSTEP

LES MILLS  
BODYCOMBAT

LES MILLS  
BODYBALANCE

LES MILLS  
BODYATTACK

LES MILLS  
BODYBALANCE

GROUP CYCLING

GROUP CYCLING

20.00

LES MILLS  
BODYPUMP

H.E.A.T.  
PROGRAM

FUNCTIONAL  
TRAINING

LES MILLS  
BODYPUMP

H.E.A.T.  
PROGRAM

GROUP CYCLING

TAI-CHI

GROUP CYCLING

GROUP CYCLING

DOMENICA SPECIAL EVENT

09.00

H.E.A.T.  
PROGRAM

10.00

GROUP CYCLING



#futuramoltopiudiunapalestra

