

PALESTRA FUTURA

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

DOMENICA

09.00



10.00

LES MILLS
BODYBALANCE



TRX
Suspension Training®



13.00

LES MILLS
CORE



TRX
Suspension Training®



18.00

LES MILLS
CORE

LES MILLS
BODYBALANCE

LES MILLS
CORE

TRX
Suspension Training®

19.00

LES MILLS
BODYSTEP



LES MILLS
BODYBALANCE



LES MILLS
BODYBALANCE

20.00

