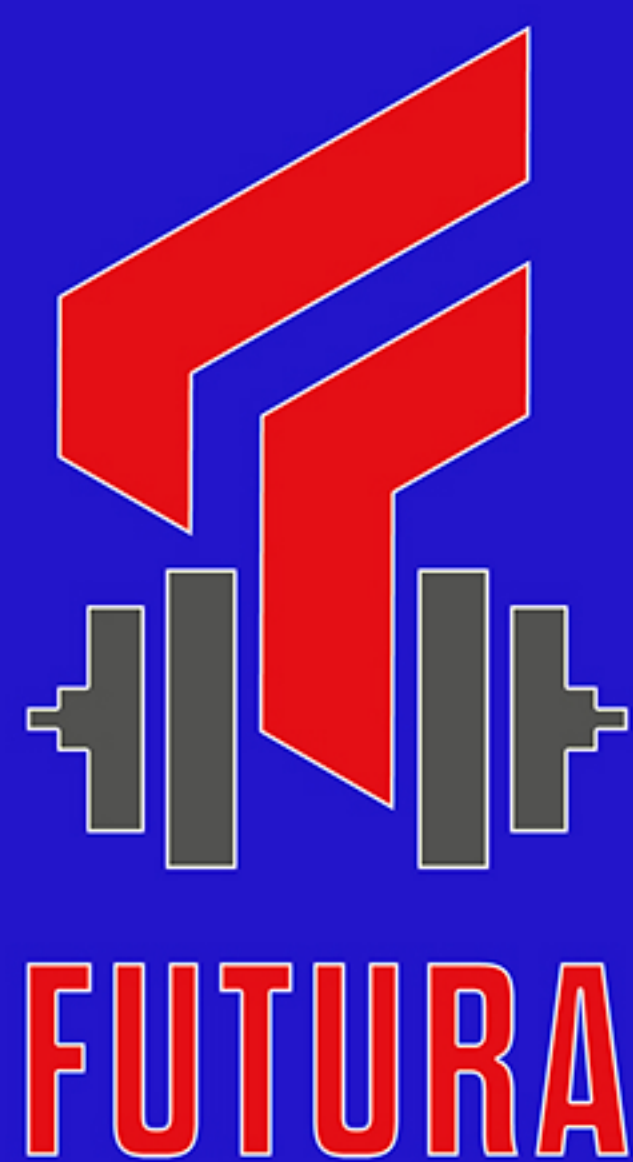




PROGRAMMAZIONE CORSI STAGIONE 23/24

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

DOMENICA

09.00

GROUP CYCLING

10.00

LES MILLS
BODYBALANCE

H.E.A.T.
PROGRAM

TRX
Suspension Training

LES MILLS
CORE

FUNCTIONAL
TRAINING

GROUP CYCLING

13.00

LES MILLS
CORE

GROUP CYCLING

H.E.A.T.
PROGRAM
CIRCUIT

LES MILLS
BODYPUMP

TRX
Suspension Training

18.00

LES MILLS
CORE

LES MILLS
BODYBALANCE

LES MILLS
BODYPUMP

LES MILLS
CORE

TRX
Suspension Training

19.00

LES MILLS
BODYSTEP

LES MILLS
BODYCOMBAT

GROUP CYCLING

LES MILLS
BODYBALANCE

LES MILLS
BODYATTACK

LES MILLS
BODYBALANCE

GROUP CYCLING

20.00

LES MILLS
BODYPUMP

GROUP CYCLING

H.E.A.T.
PROGRAM

FUNCTIONAL
TRAINING

GROUP CYCLING

LES MILLS
BODYPUMP

GROUP CYCLING

H.E.A.T.
PROGRAM

