

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

9.00

**GINNASTICA
Dolce**

9.00

**LES MILLS
BODYBALANCE**

9.00

**GINNASTICA
POSTURALE**

9.00

**GINNASTICA
Dolce**

9.00

**FIT
CIRCUIT**

13.00

**LES MILLS
BODYPUMP**

13.00

**LES MILLS
BODYATTACK**

13.00

**LES MILLS
barre**
13.30 **LES MILLS
CXWORX**

13.00

**LES MILLS
BODYCOMBAT**

13.00

**LES MILLS
BODYPUMP**

18.00

**LES MILLS
barre**

18.15

**LES MILLS
BODYBALANCE**

18.30

**LES MILLS
barre**

18.00

**LES MILLS
BODYATTACK**

18.00

**LES MILLS
BODYCOMBAT**

18.30

**LES MILLS
BODYPUMP**

19.00

**LES MILLS
BODYCOMBAT**

19.00

**LES MILLS
CXWORX**

19.00

**LES MILLS
BODYPUMP**

19.00

**LES MILLS
BODYATTACK**

19.30

**LES MILLS
CXWORX**

20.00

**LES MILLS
BODYPUMP**

20.00

**LES MILLS
BODYATTACK**

20.00

**LES MILLS
BODYCOMBAT**

20.15

**GINNASTICA
POSTURALE**

20.00

**LES MILLS
BODYATTACK**

30 min

PLANNING* ATTIVO DAL 7 SETTEMBRE 2020
*PROVVISORIO

BODY SOUND
IL CENTRO FITNESS CHE FA LA DIFFERENZA