

NUOVO ORARIO CORSI 2023/2024 IN VIGORE DAL 18 SETTEMBRE 2023



LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9.30 ZUMBA	9.30 LESMILLS BODYPUMP	9.30 LESMILLS BODYCOMBAT	9.30 LESMILLS BODYBALANCE	9.30 LESMILLS BODYPUMP	9.30 LESMILLS BODYBALANCE
10.20 Pilates		10.05 LESMILLS CORE			
12.45 LESMILLS BODYPUMP	12.45 LESMILLS GRIT	12.45 LESMILLS BODYPUMP	12.45 LESMILLS CORE	12.45 FUNZIONALE	15.00 LESMILLS BODYPUMP
			13.15 LESMILLS BODYBALANCE EXPRESS		16.00 LESMILLS BODYCOMBAT
17.00 LESMILLS BODYPUMP	17.30 LESMILLS BODYBALANCE	17.30 Pilates	17.15 ZUMBA	17.00 LESMILLS BODYPUMP	
18.00 LESMILLS CORE	18.15 LESMILLS BODYATTACK	18.15 LESMILLS SH'BAM	18.15 LESMILLS BODYPUMP	18.15 LESMILLS GRIT	
18.40 LESMILLS BODYPUMP	19.00 ADDOMINALI	19.10 W-BOTTOM	19.10 LESMILLS CORE	19.00 LESMILLS BODYBALANCE	
19.35 ZUMBA	19.30 LESMILLS BODYCOMBAT	19.50 LESMILLS GRIT	19.45 LESMILLS BODYCOMBAT		
20.30 KICKBOXING			20.30 KICKBOXING		