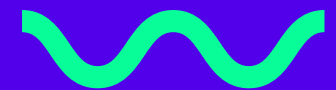


VI Via Divisione Acqui, 19
36100 Vicenza (VI)
+39 0444 570830
vicenza@we-beat.com



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



lun	mar	mer	gio	ven	sab
09:00 PILATES BASIC Elisabetta	09:00 SENIOR TRAINING Silvia		09:00 SENIOR TRAINING Silvia	09:00 PILATES BASIC Elisabetta	
10:00 TONIFICAZIONE Yulia	10:00 PILATES ADV Elisabetta	10:00 TONIFICAZIONE Yulia	10:00 PILATES ADV Elisabetta	10:00 TONIFICAZIONE Yulia	10:00 FITBOXE Davida
		12:30 PREPARAZIONE ATLETICA Manuel		12:30 PREPARAZIONE ATLETICA Manuel	
13:00 CRAZY CAMP Manuel	13:00 FUNCTIONAL Eris	13:00 ZUMBA Yulia	13:00 FUNCTIONAL Eris	13:00 ZUMBA Yulia	
18:00 STEP Suaïen	18:00 PILATES ADV Elisabetta	18:00 PILOXING Eleonora	18:00 PILATES BASIC Elisabetta	18:00 PUMP Gianluca	
19:00 TONE UP Suaïen	19:00 AEROMUSCLE Manuel	19:00 STRONG Eleonora	19:00 AEROMUSCLE Manuel	19:00 MATCH TRAINING Gianluca	
20:00 STRONG Eleonora	20:00 CRAZY CAMP Manuel	20:00 MMA (2h) Eduardo ⚡	20:00 CRAZY CAMP Manuel		
21:00 MMA (2h) Eduardo ⚡					

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lun-ven 06:00 / 23:00
sab 08:00 / 20:00
dom 08:00 / 18:00

INTENSITÀ

-  Bassa
-  Medio-bassa
-  Medio-alta
-  Alta



**CORSO EXTRA
ABBONAMENTO**



**DURATA
DEL CORSO**

I corsi variano da 45 a 60 minuti, salvo diversa indicazione

I corsi potranno subire variazioni.
Si svolgeranno con un minimo di 5 partecipanti