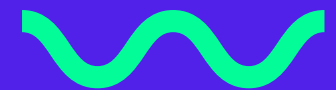


SEGUI L'ONDA

SC Via Lago di Lugano, 5
36015 Schio
+39 0445 576615
schio@we-beat.com

WE-BEAT.COM



WE_BEAT

SCHIO / CORSI 2018-19

lun	mar	mer	gio	ven	sab
07:30 FUNCTIONAL TRAINING Jacopo ✓			07:30 FUNCTIONAL TRAINING Davida ✓		
	09:30 SENIOR TRAINING Jacopo		09:30 SENIOR TRAINING Jacopo	09:30 POSTURALE Raffaella	
10:00 TOTAL BODY Davida		10:00 TOTAL BODY Davida			11:00 WE_CIRCUIT / METABOLIC TRAINING Romina
12:30 METABOLIC TRAINING Romina	12:15 FITBOXE Davida	12:30 WE_CIRCUIT Romina	12:15 FUNCTIONAL TRAINING Davida ✓	12:30 POWER YOGA Romina	<h2 style="color: #00FF00;">WE_BEAT</h2> <p>SCHIO / CORSI 2018-19 lun-ven 06:00 / 23:00 sab 08:00 / 18:00 dom 08:00 / 14:00</p> <hr/> <p>INTENSITÀ</p> <ul style="list-style-type: none"> Bassa Medio-bassa Medio-alta Alta <hr/> <p> CORSO EXTRA ABBONAMENTO</p> <hr/> <p>✓ PRENOTAZIONE OBBLIGATORIA Disdetta obbligatoria almeno 8 ore prima del corso</p> <hr/> <p> DURATA DEL CORSO I corsi variano da 45 a 60 minuti, salvo diversa indicazione</p> <hr/> <p>I corsi potranno subire variazioni. Si svolgeranno con un minimo di 7 partecipanti</p>
	13:15 PILATES ADV Raffaella		13:00 PILATES ADV Raffaella		
			13:15 FUNCTIONAL TRAINING Davida ✓		
18:00 FUNCTIONAL TRAINING Jacopo ✓		18:00 FUNCTIONAL TRAINING Jacopo ✓	18:00 FUNCTIONAL TRAINING Jacopo ✓		
18:00 WE_CIRCUIT Romina	18:00 FITBOXE Davida	18:00 METABOLIC TRAINING Romina	18:00 REBOUND Romina ✓	18:00 FITBOXE Davida	
19:00 METABOLIC TRAINING Romina	19:00 FUNCTIONAL TRAINING Davida ✓	19:00 BRUCIA GRASSI Giulio	19:00 POWER YOGA Romina	19:00 BRUCIA GRASSI Giulio	
	19:00 REBOUND Romina ✓				
20:15 SALSA CUBANA BASE Andrea ⚡	20:15 REGGAETON Andrea ⚡				
21:15 SALSA CUBANA INT. Andrea ⚡	21:15 SALSA CUBANA INT. Andrea ⚡				