





lun	mar	mer	gio	ven	sab
08:00 ZUMBA GOLD Susi	08:00 GINNASTICA DOLCE Marta				
08:30 WALKING EVOLUTION Davida		08:30 FITBOXE Davida		08:30 TOTAL BODY Marta	
09:00 GYM MUSIC Susi	09:00 TOTAL BODY Marta	09:00 GYM MUSIC Susi	09:00 TOTAL BODY Marta		
	09:30 ZUMBA Giulia		09:30 ZUMBA STEP Giulia		
10:00 PILATES Marta		10:00 PILATES Marta			
12:30 ZUMBA Susi		12:30 ZUMBA STEP Susi			
12:45 SPINNING Martina ⚡	12:45 TOTAL BODY Marta	12:45 WALKING EVOLUTION Davida	12:45 TOTAL BODY Marta	12:45 PILATES Marta	
12:45 FUNCTIONAL TRAINING Davida	12:45 STRONG Giulia		12:45 STRONG Giulia	12:45 FUNCTIONAL TRAINING Davida	
			12:45 SPINNING Martina ⚡		
	16:50 POSTURAL PILATES Marta	17:00 HIP-HOP 6-8 ANNI Giulia ⚡	16:45 GINNASTICA DOLCE Marta		
17:15 GIOCO HIP-HOP 3-6 Giulia ⚡		17:00 TRIATHLON TEEN Martina ⚡		17:00 HIP-HOP 8-10 ANNI Giulia ⚡	
18:00 HIP-HOP TEENAGER Giulia ⚡	17:30 HIP-HOP 8-10 ANNI Giulia ⚡		17:30 ZUMBA GOLD Susi		
18:30 TOTAL BODY Marta		18:00 HIP-HOP TEENAGER Giulia ⚡	18:00 TOTAL BODY Marta	18:00 HIP-HOP MEDIE Giulia ⚡	
18:30 SPINNING Alice ⚡	18:30 HIP-HOP MEDIE Giulia	18:30 TOTAL BODY Marta	18:30 SPINNING Alice ⚡		
19:00 FITBOXE Davida	18:30 FITNESS MUSIC (TABATA) Susi		18:30 ZUMBA STEP Susi		
19:30 FUNCTIONAL TRAINING Federico	19:10 SPINNING Alice ⚡	19:00 STRONG Giulia	19:00 FITBOXE Davida	19:00 ZUMBA Giulia	
19:30 PILATES BASE Marta	19:30 ZUMBA Giulia	19:30 PILATES Marta	19:30 SPINNING Alice ⚡		
20:00 ZUMBA Susi	20:15 SPINNING Alice ⚡		19:30 FUNCTIONAL TRAINING Federico		

WE_BEAT

CORNEDO / CORSI 2018-19

lun-ven 06:00 / 23:00
sab 08:00 / 18:00
dom 08:00 / 14:00

INTENSITÀ

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

⚡ CORSO EXTRA
ABBONAMENTO

✓ PRENOTAZIONE
OBBLIGATORIA

Disdetta obbligatoria
almeno 8 ore prima del
corso

🕒 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 7 partecipanti