







lun	mar	mer	gio	ven	sab
		06:45 WE_START Giulia D.		06:45 WE_START Giulia D.	
08:00 TONE UP Silvia P.	08:00 FUNZIONALE Ilenia	08:00 CIRCUIT TONIC Giulia D.	08:00 TONE UP Silvia P.	08:00 CIRCUIT TONIC Giulia D.	08:30 JUST WORKOUT Davida
09:00 GINNASTICA DOLCE Silvia P.	09:00 TOTAL BODY Ilenia	09:00 PILATES Davida	09:00 GINNASTICA DOLCE Silvia P.	09:00 PILATES Davida	<h1>WE_BEAT®</h1> <p>ARZIGNANO / CORSI 2019-2020</p> <p>lun-ven 06:00 / 23:00 sab 08:00 / 18:00 dom 08:00 / 14:00</p> <p>INTENSITÀ</p> <p> Bassa  Medio-bassa  Medio-alta  Alta</p> <hr/> <p> CORSO EXTRA ABBONAMENTO</p> <hr/> <p> DURATA DEL CORSO</p> <p>I corsi variano da 45 a 60 minuti, salvo diversa indicazione</p> <p>I corsi potranno subire variazioni. Si svolgeranno con un minimo di 7 partecipanti.</p>
10:00 WE_CIRCUIT Silvia P.		10:00 TONE UP Davida	10:00 WE_CIRCUIT Silvia P.	10:00 TONE UP Davida	
12:30 GAG Silvia C.		12:30 GAG Silvia C.			
12:30 CROSS TRAINING Cecilia	12:30 PILATES Giulia R.	12:30 CROSS TRAINING Cecilia	12:30 PILATES Giulia R.	12:30 CROSS TRAINING Cecilia	
13:15 METABOLIC TRAINING Cecilia	13:15 DINAMIC PILATES Giulia R.	13:15 METABOLIC TRAINING Cecilia	13:15 DINAMIC PILATES Giulia R.	13:15 METABOLIC TRAINING Cecilia	
14:00 TOTAL BODY Silvia P.	14:00 TONE UP Silvia P.		14:00 TOTAL BODY Silvia P.		
	17:00 TRIATHLON TEEN Marta			17:00 DANZATRICITÀ 3-4 anni Annalisa	
18:00 LIFT JUMP Raffaele	18:00 PUMP Ilenia	18:00 LIFT JUMP Raffaele	18:00 PUMP Ilenia	18:30 METABOLIC TRAINING Peter	
19:00 PILATES Ilenia	19:00 STEP Ilenia	19:00 PILATES Ilenia	19:00 STEP Ilenia	17:45 DANZA PROPEDEUTICA CLASSICA 5-6 anni Annalisa	
20:00 ZUMBA Daiana		20:00 ZUMBA Daiana			