

lun	mar	mer	gio	ven	sab
	07:00 JUST WORKOUT Davida			07:00 JUST WORKOUT Davida	
08:00 ZUMBA GOLD Susi	08:00 GINNASTICA DOLCE Marta				14:30 AERO BIATHLON Davida/Alice ⚡
08:30 CIRCUIT TONIC Giulia			08:30 CIRCUIT TONIC Giulia	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				
10:00 PILATES Marta	11:00 CALISTHENICS Riccardo	10:00 PILATES Marta	11:00 CALISTHENICS Riccardo		
12:30 ZUMBA Susi		12:30 ZUMBA STEP Susi			
12:45 SPINNING Martina ✓ ⚡	12:45 TOTAL BODY Marta	12:45 FUNCTIONAL TRAINING 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	
16:30 CALISTHENICS TEEN Riccardo			12:45 SPINNING Martina ✓ ⚡		
17:00 FITBOXE Davida		16:30 CALISTHENICS TEEN Riccardo	16:30 GINNASTICA DOLCE Marta		
17:15 GIOCO HIP HOP 3-6 Giulia ⚡	16:45 POSTURAL PILATES Marta	17:00 HIP HOP 6-8 anni Giulia ⚡		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 ⚡	18:20 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 CALISTHENICS Riccardo	19:30 ZUMBA Giulia	19:30 PILATES Marta	19:30 SPINNING Alice ✓ ⚡		
20:00 ZUMBA Susi	20:15 SPINNING Alice ✓ ⚡	20:00 CALISTHENICS Riccardo	19:30 FUNCTIONAL TRAINING Federico		

WE_BEAT®





CORNEDO / CORSI 2019-2020

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