



| lun   |                                 | mar   |                               | mer   |                               | gio   |                                 | ven   |                               | sab   |                                 |
|-------|---------------------------------|-------|-------------------------------|-------|-------------------------------|-------|---------------------------------|-------|-------------------------------|-------|---------------------------------|
|       |                                 | 07:00 | JUST WORKOUT<br>Davida        |       |                               |       |                                 | 07:00 | JUST WORKOUT<br>Davida        |       |                                 |
| 08:00 | ZUMBA GOLD<br>Susi              | 08:00 | GINNASTICA DOLCE<br>Marta     |       |                               |       |                                 |       |                               | 14:30 | AERO BIATHLON<br>Davida/Alice ⚡ |
| 08:30 | CIRCUIT TONIC<br>Giulia         |       |                               |       |                               | 08:30 | CIRCUIT TONIC<br>Giulia         | 08:30 | TOTAL BODY<br>Marta           |       |                                 |
| 09:00 | GYM MUSIC<br>Susi               | 09:00 | TOTAL BODY<br>Marta           | 09:00 | GYM MUSIC<br>Susi             | 09:00 | TOTAL BODY<br>Marta             |       |                               |       |                                 |
|       |                                 | 09:30 | ZUMBA<br>Giulia               | 10:00 | PILATES<br>Marta              |       |                                 |       |                               |       |                                 |
| 10:00 | PILATES<br>Marta                |       |                               | 11:00 | CALISTHENICS<br>Riccardo      |       |                                 | 11:00 | CALISTHENICS<br>Riccardo      |       |                                 |
| 12:30 | ZUMBA<br>Susi                   |       |                               | 12:30 | ZUMBA STEP<br>Susi            |       |                                 |       |                               |       |                                 |
| 12:45 | SPINNING<br>Martina ✓ ⚡         | 12:45 | TOTAL BODY<br>Marta           | 12:45 | FUNCTIONAL TRAINING<br>Davida | 12:45 | TOTAL BODY<br>Marta             | 12:45 | PILATES<br>Marta              |       |                                 |
| 12:45 | FUNCTIONAL TRAINING<br>Davida   | 12:45 | STRONG<br>Giulia              |       |                               | 12:45 | STRONG<br>Giulia                | 12:45 | FUNCTIONAL TRAINING<br>Davida |       |                                 |
| 16:30 | CALISTHENICS TEEN<br>Riccardo   |       |                               |       |                               | 12:45 | SPINNING<br>Martina ✓ ⚡         |       |                               |       |                                 |
| 17:00 | FITBOXE<br>Davida               |       |                               | 17:00 | CALISTHENICS TEEN<br>Riccardo | 16:30 | GINNASTICA DOLCE<br>Marta       |       |                               |       |                                 |
| 17:15 | GIOCO HIP HOP 3-6<br>Giulia ⚡   | 16:45 | POSTURAL PILATES<br>Marta     | 17:00 | HIP HOP 6-8 anni<br>Giulia ⚡  |       |                                 | 17:00 | HIP HOP 8-10 anni<br>Giulia ⚡ |       |                                 |
| 18:00 | HIP HOP TEENAGER<br>Giulia ⚡    | 17:30 | HIP HOP 8-10 anni<br>Giulia ⚡ |       |                               | 17:30 | ZUMBA GOLD<br>Susi              |       |                               |       |                                 |
| 18:30 | TOTAL BODY<br>Marta             |       |                               | 18:00 | HIP HOP TEENAGER<br>Giulia ⚡  | 18:00 | TOTAL BODY<br>Marta             | 18:00 | HIP HOP MEDIE<br>Giulia ⚡     |       |                                 |
| 18:30 | SPINNING<br>Alice ✓ ⚡           | 18:30 | HIP HOP MEDIE<br>Giulia ⚡     | 18:20 | TOTAL BODY<br>Marta           | 18:30 | SPINNING<br>Alice ✓ ⚡           |       |                               |       |                                 |
| 19:00 | FITBOXE<br>Davida               | 18:30 | FITNESS MUSIC Tabata<br>Susi  |       |                               | 18:30 | ZUMBA STEP<br>Susi              |       |                               |       |                                 |
| 19:30 | FUNCTIONAL TRAINING<br>Federico | 19:10 | SPINNING<br>Alice ✓ ⚡         | 19:00 | STRONG<br>Giulia              | 19:00 | FITBOXE<br>Davida               | 19:00 | ZUMBA<br>Giulia               |       |                                 |
| 19:30 | CALISTHENICS<br>Riccardo        | 19:30 | ZUMBA<br>Giulia               | 19:30 | PILATES<br>Marta              | 19:30 | SPINNING<br>Alice ✓ ⚡           |       |                               |       |                                 |
| 20:00 | ZUMBA<br>Susi                   | 20:15 | SPINNING<br>Alice ✓ ⚡         | 20:00 | CALISTHENICS<br>Riccardo      | 19:30 | FUNCTIONAL TRAINING<br>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