

VI Via Divisione Acqui, 19
36100 Vicenza (VI)
+39 0444 570830
vicenza@we-beat.com

WE_BEAT®

VICENZA / CORSI 2019-2020

lun	mar	mer	gio	ven	sab
09:00 PILATES BASIC Elisabetta	09:00 SENIOR TRAINING Silvia	09:00 BODY HARMONY Lara	09:00 SENIOR TRAINING Silvia	09:00 PILATES BASIC Elisabetta	11:00 FITBOXE Davida
10:00 DYNAMIC PUMP Yulia	10:00 PILATES ADV Elisabetta	10:00 TOTAL BODY Lara	10:00 PILATES ADV Elisabetta	10:00 TOTAL BODY Silvia	12:00 LA VIE EN ROSE Lisa ⚡
12:30 CROSS TRAINING Manuel		12:30 CROSS TRAINING Manuel		12:30 CROSS TRAINING Manuel	
13:00 BEAT HIIT Yulia	13:00 CARDIO TONE Silvia	13:00 DYNAMIC PUMP Yulia	13:00 MIOFASCIAL RELEASE Silvia	13:00 BEAT HIIT Yulia	
16:00 MUOVITI CHE TI PASSA Federico ⚡		16:00 DANZA SPORTIVA Valentina ⚡		16:00 DANZA SPORTIVA Valentina ⚡	
	17:00 PILATES FITBALL Elisabetta		17:00 PILATES FITBALL Elisabetta		
18:00 POWER PUMP Lara	18:00 PILATES BASIC Elisabetta	18:00 FUNCTIONAL TRAINING Davida	18:00 PILATES BASIC Elisabetta	18:00 BODY HARMONY Lara	
19:00 POWER STEP Lara	19:00 TONE UP Suaien	19:00 FITBOXE Davida	19:00 TONE UP Suaien	19:00 POWER PUMP Lara	
20:00 BODY HARMONY Lara	20:00 CROSS THAI WORK OUT Renzo	20:00 BURLESQUE Lisa ⚡	20:00 CROSS THAI WORK OUT Renzo		

WE_BEAT®





VICENZA / CORSI 2019-2020

lun-ven 06:00 / 23:00

sab 08:00 / 19:00

dom 08:00 / 17:00

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