





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	
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		
20:00 ZUMBA Daiana	19:45 FITBOXE Ilenia	20:00 ZUMBA Daiana	19:45 FITBOXE Ilenia		

WE_BEAT®

ARZIGNANO / 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

🕒 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.