

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	PILOGA Elisabetta	18:00	BODY HARMONY Lara		
19:00	POWER STEP Lara			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