


















lun	mar	mer	gio	ven	sab
06:30  Ilenia	06:15 SMALL GROUP Ilenia ⚡		06:15 SMALL GROUP Ilenia ⚡		
09:00 CARDIO FITNESS Silvia	09:30 GINNASTICA DOLCE Giulia	09:00 PILATES Davida	09:00 CARDIO FITNESS Silvia	09:00  Ilenia	
10:00 WE_CIRCUIT Silvia		10:00 ZUMBA Giulia D.	10:00 WE_CIRCUIT Silvia	10:00 TRX Ilenia	09:30 SMALL GROUP Ilenia ⚡
			11:00 GINNASTICA VERTEBRALE Giulia		10:30  Ilenia
			12:30 SMALL GROUP Ilenia ⚡		11:30 BOXE TRAINING Marco ⚡
12:30 CROSS TRAINING Cecilia	12:30 SMALL GROUP Ilenia ⚡	12:30 CROSS TRAINING Cecilia	12:30 FITBALL PILATES Giulia	12:30 CROSS TRAINING Cecilia	<h1 style="color: #008000;">WE_BEAT®</h1> <p>ARZIGNANO / CORSI 2020-2021</p> <p>lun-ven 06:00 / 23:00 sab 08:00 / 18:00 dom 08:00 / 14:00</p> <p>INTENSITÀ</p> <ul style="list-style-type: none">  Bassa  Medio-bassa  Medio-alta  Alta <hr/> <p>⚡ CORSO EXTRA ABBONAMENTO</p> <hr/> <p>🕒 DURATA DEL CORSO</p> <p>I corsi variano da 45 a 60 minuti, salvo diversa indicazione</p> <p>I corsi potranno subire variazioni. Si svolgeranno con un minimo di 7 partecipanti.</p>
	12:30 FITBALL PILATES Giulia	12:45  Ilenia		12:30 TRX Ilenia	
12:45  Ilenia	13:15 GAG Silvia		13:15 GAG Silvia		
14:00 TOTAL BODY Silvia	14:00 TONE UP Silvia		14:00 TOTAL BODY Silvia		
16:45 HIP HOP 7-13 anni Corinna	16:45 HIP HOP 14-25 anni Corinna	16:30 DANZATRICITÀ 3-4 anni Annalisa	16:45 HIP HOP 7-13 anni Corinna	16:45 DANZATRICITÀ 3-4 anni Annalisa	
		17:30  Ilenia			
18:00  Ilenia	18:00 SMALL GROUP Ilenia ⚡	18:15  Ilenia	18:00 SMALL GROUP Ilenia ⚡	17:30 DANZA PROP.CLASSICA 5-7 anni Annalisa	
	18:00 LIFT JUMP Marco		18:00 LIFT JUMP Marco	17:45 SMALL GROUP Ilenia ⚡	
19:00 YOGA FUNZIONALE Ilenia	19:00  Ilenia	19:00  Ilenia	19:00  Ilenia	18:30  Ilenia	
20:00 ZUMBA Daiana	19:45 FIT BOXE Ilenia	20:00 ZUMBA Daiana	19:45 FIT BOXE Ilenia	19:30  Ilenia	
			20:45 BALLI CARAIBICI Salsa, Baciata Liv.2	20:30 HIP HOP 14-25 anni Corinna	
			21:45 BALLI CARAIBICI Salsa, Baciata Liv.1		