





lun	mar	mer	gio	ven	sab
	07:00 JUST WORKOUT Davida			07:00 JUST WORKOUT Davida	
08:00 ZUMBA GOLD Susi	08:00 GINNASTICA DOLCE Marta	08:30 BURN & TONE Marta	08:30 TOTAL BODY Marta	08:30 BURN & TONE Marta	13:00 AREA ADULTI Martina
08:30 CIRCUIT TONIC Giulia			08:30 CIRCUIT TONIC Giulia		15:00 AREA ADULTI Martina
09:00 GYM MUSIC Susi	09:00 TOTAL BODY Marta	09:00 GYM MUSIC Susi			
10:00 PILATES Marta		10:00 PILATES Marta			
12:45 SPINNING Martina ✓ ⚡	12:45 BURN & TONE Marta	12:30 TABATA Susi	12:45 BURN & TONE Marta	12:45 PILATES Marta	
12:45 FUNCTIONAL TRAINING Davida	12:45 STRONG Giulia	12:45 FUNCTIONAL TRAINING Davida	12:45 STRONG Giulia	12:45 CROSS REBOUND Davida	
			12:45 SPINNING Martina ✓ ⚡		
	15:30 POSTURAL PILATES Marta	16:30 CALISTHENICS TEEN Riccardo ⚡	15:30 GINNASTICA DOLCE Marta		
16:30 CALISTHENICS TEEN Riccardo ⚡	16:30 POSTURAL PILATES Marta	16:30 AREA KIDS Valentina	16:30 GINNASTICA DOLCE Marta		
17:15 GIOCO HIP HOP 3-6 Giulia ⚡	17:00 AREA ADULTI Martina	17:00 HIP HOP 6-8 anni Giulia ⚡	17:30 ZUMBA GOLD Susi	17:00 HIP HOP 9-10 anni Giulia ⚡	
18:00 HIP HOP TEENAGER Giulia ⚡	17:30 HIP HOP 9-10 anni Giulia ⚡	17:30 AREA ADULTI Valentina	18:00 FUNCTIONAL TRAINING Davida		
18:00 FIT BOXE Davida	18:00 CROSS TRAINING Umberto	18:00 HIP HOP TEENAGER Giulia ⚡		18:00 HIP HOP 11-13 anni Giulia ⚡	
18:30 BURN & TONE Marta	18:30 HIP HOP 11-13 anni Giulia ⚡	18:30 BURN & TONE Marta	18:30 SPINNING Alice ✓ ⚡	18:30 SPINNING Alice ✓ ⚡	
18:30 POLE DANCE PRINCIPIANTI ⚡	18:30 TABATA Susi	18:30 POLE DANCE PRINCIPIANTI ⚡	18:30 ZUMBA STEP Susi		
19:00 FITBOXE Davida	19:00 AREA ADULTI Martina	19:00 AREA ADULTI Valentina	19:00 FITBOXE Davida		
	19:10 SPINNING Alice ✓ ⚡	19:30 PILATES Marta			
19:30 CALISTHENICS Riccardo ⚡	19:30 LIFT JUMP ⚡	19:40 POLE DANCE PRINCIPIANTI ⚡		19:00 ZUMBA Giulia	
19:30 STRONG Giulia	19:30 ZUMBA Giulia	20:00 CALISTHENICS Riccardo ⚡	19:30 SPINNING Alice ✓ ⚡		
19:40 POLE DANCE PRINCIPIANTI ⚡		20:30 BALLI CARAIBICI Salsa, Baciata Liv.1			
20:00 ZUMBA Susi		21:30 BALLI CARAIBICI Salsa, Baciata Liv.2			

WE_BEAT®

CORNEDO / CORSI 2020-2021

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