





lun	mar	mer	gio	ven	sab
08:00 PILATES BASIC Elisabetta				08:00 PILATES BASIC Elisabetta	
09:00 PILATES BASIC Elisabetta	08:45 SENIOR TRAINING Silvia	09:00 LESMILLS BODYBALANCE Lara	08:45 SENIOR TRAINING Silvia	09:00 PILATES BASIC Elisabetta	
	09:45 PILATES ADV Elisabetta	10:00 TOTAL BODY Lara	09:45 PILOGA Elisabetta	10:00 TOTAL BODY Silvia	11:00 LESMILLS BODYCOMBAT Yulia
12:30 CROSS TRAINING Manuel	12:30 CARDIO TONE Silvia	12:30 CROSS TRAINING Manuel	12:30 MIOFASCIAL RELEASE Silvia	12:30 CROSS TRAINING Manuel	
13:00 LESMILLS BODYPUMP Lara	13:15 LESMILLS BODYCOMBAT Yulia	13:00 LESMILLS BODYPUMP Lara	13:15 LESMILLS BODYCOMBAT Yulia	13:00 LESMILLS BODYBALANCE Lara	
	16:00 DANZA SPORTIVA 4-6 anni Valentina ⚡			15:00 DANZA SPORTIVA +12 anni Valentina ⚡	
	17:00 PILATES FITBALL Elisabetta		17:00 PILATES FITBALL Elisabetta	16:15 DANZA SPORTIVA 7-11 anni Valentina ⚡	
18:00 LESMILLS BODYPUMP Lara	18:00 PILATES ADV Elisabetta	18:00 FUNCTIONAL TRAINING Davida	18:00 PILOGA Elisabetta	17:15 LESMILLS BODYBALANCE Lara	
19:00 POWER STEP + LESMILLS Lara CXWORX	19:00 TONE UP Suaien	19:00 FITBOXE Davida	19:00 TONE UP Suaien	18:00 LESMILLS BODYPUMP Lara	
20:00 LESMILLS BODYBALANCE Lara	20:00 LIFT JUMP Giacomo	20:00 BURLESQUE Lisa ⚡	20:00 LIFT JUMP Giacomo	19:00 POWER STEP + LESMILLS Lara CXWORX	
			20:45 LISCIO E BALLO DA SALA Valentina ⚡		
			21:45 LATINO CARAIBICO Valentina ⚡		

WE_BEAT®

VICENZA / CORSI 2020-2021

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