





























lun	mar	mer	gio	ven	sab
	06:15  SMALL GROUP Ilenia ⚡		06:15  SMALL GROUP Ilenia ⚡		09:30  SMALL GROUP Ilenia ⚡
	10:00  GINNASTICA DOLCE Giulia				10:30  LESMILLS BODYCOMBAT Ilenia
		10:15  TONIFICAZIONE Silvia		10:15  TONIFICAZIONE Silvia	11:30  BOXE TRAINING Marco
	12:30  SMALL GROUP Ilenia ⚡		12:30  SMALL GROUP Ilenia ⚡		
			12:30  FITBALL PILATES Giulia	12:30  TRX Ilenia	
15:30  TONE UP Silvia			15:30  TONE UP Silvia		
				17:45  SMALL GROUP Ilenia ⚡	
18:00  LESMILLS BODYPUMP Ilenia	18:00  SMALL GROUP Ilenia ⚡	18:15  LESMILLS BODYPUMP Ilenia	18:00  SMALL GROUP Ilenia ⚡	18:30  LESMILLS BODYCOMBAT Ilenia	
			19:00  LESMILLS BODYCOMBAT Ilenia		
19:00  YOGA FUNZIONALE Ilenia	19:00  LESMILLS BODYCOMBAT Ilenia	19:00  LESMILLS RPM Ilenia	19:45  FIT BOXE Ilenia		
20:00  ZUMBA Daiana	19:45  FIT BOXE Ilenia	20:00  ZUMBA Daiana			

WE_BEAT®

ARZIGNANO
CORSI GIUGNO-LUGLIO 2021



⚡ **CORSO EXTRA**
ABBONAMENTO

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

INTENSITÀ
 Bassa
 Medio-bassa
 Medio-alta
 Alta