

SALA1 SALA3 SOLARIUM

LES MILLS

CORSI FITNESS

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:00	LM TONE BODYBALANCE	BODY PUMP	BODYSTEP BODYBALANCE	CX WORX	PILATES BODYBALANCE	
9:30		RPM		RPM		
10:00	BODYSTEP FELDENKRAIS	ZUMBA PILATES	LM TONE FELDENKRAIS	ZUMBA PILATES	PILATES BODYBALANCE	GRIT
11:00	FELDENKRAIS	PILATES	FELDENKRAIS	PILATES	FELDENKRAIS	CX WORX
12:00						BODY PUMP
13:45	LM TONE	BODY BALANCE	BODY PUMP	BODY BALANCE	GRIT	
14:15	CX WORX		CX WORX		CX WORX	
18:00	PILATES		PILATES		PILATES	
18:15		LM TONE		LM TONE		
18:30	BODY PUMP		BODY PUMP			
18:45		PILATES		PILATES	CX WORX	
19:00	ZUMBA		ZUMBA		ZUMBA	
19:15		BODY COMBAT		BODY COMBAT		
19:30	CYCLING PILATES	CX WORX	PILATES	CX WORX CYCLING	PILATES	
20:00	GRIT		BODY STEP		GRIT	
20:15		GRIT		GRIT		
20:30	BODY PUMP	BODY BALANCE	CX WORX	BODY BALANCE	BODY PUMP	
21:00	CX WORX	FUNCTIONAL RIP60		FUNCTIONAL RIP60		