

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

DOMENICA

MATTINO

09.30 SALA 140 LESMILLS BODYSTEP

09.30 SALA 100 POSTURAL GYM

09.30 SALA AGORA' CIRCUITO METABOLICO

09.30 SALA 140 FUNCTIONAL TRAINING

09.30 SALA 140 STRETCH & MOBILITY

10.00 SALA 140 WALKING

13.15 SALA 140 FUNCTIONAL TRAINING

13.15 SALA 140 LESMILLS BODYPUMP

13.15 SALA 140 BODY TRAINING

13.15 SALA 140 FUNCTIONAL TRAINING

13.15 SALA 140 WALKING

13.15 SALA Cycling LESMILLS RPM

13.15 SALA 100 PILATES

13.15 SALA Cycling LESMILLS RPM

PRANZO

16.30 SALA AGORA' CROSS TRAINING TRAINING KIDS

16.30 SALA AGORA' CROSS TRAINING TRAINING KIDS

17.30 SALA AGORA' CROSS TRAINING TRAINING TEEN

17.30 SALA AGORA' CROSS TRAINING TRAINING TEEN

POMERIGGIO

18.00 SALA 140 LESMILLS BODYPUMP

18.00 SALA 140 WALKING

17.45 SALA 100 ZUMBA tone FITNESS

18.00 SALA 140 WALKING

18.00 SALA 140 WALKING

18.15 SALA 100 FLYING

18.15 SALA 100 LESMILLS BODYSTEP

18.15 SALA 140 BODY TRAINING

18.30 SALA 100 BODY TRAINING

18.15 SALA 100 ZUMBA tone FITNESS

19.00 SALA 140 WALKING

19.15 SALA 140 FUNCTIONAL TRAINING

19.00 SALA Cycling LESMILLS RPM

19.00 SALA 140 LESMILLS BODYPUMP

19.00 SALA 140 FUNCTIONAL TRAINING

19.15 SALA Cycling LESMILLS RPM

19.15 SALA 140 FIT YOGA

19.00 SALA Cycling LESMILLS RPM

19.15 SALA 100 FIT YOGA

19.15 SALA 100 PILATES

SERA

PLANNING PREMIUM LIVE
CAMERANO
DAL 22.05.2023