

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
MATTINO	07.30 SALA 140 PILATES	07.30 SALA 100 FIT YOGA <small>DAL 18/09</small>	07.30 SALA 140 LES MILLS BODY PUMP	07.15 SALA 140 FIT YOGA	07.30 SALA 140 WALKING	10.00 SALA 140 CORSO A ROTAZIONE <small>DAL 18/09</small>	10.30 SALA Cycling LES MILLS RPM <small>DAL 18/09</small>
	09.30 SALA 140 LES MILLS BODYSTEP <small>DAL 04/09</small>	09.00 SALA 100 POSTURAL GYM <small>DAL 18/09</small>	09.30 SALA 140 FUNCTIONAL TRAINING	09.30 SALA AGORA' CIRCUITO METABOLICO	09.30 SALA 140 POSTURAL GYM		
		10.00 SALA 140 WALKING <small>DAL 11/09</small>					
PRANZO	13.15 SALA Cycling LES MILLS RPM	13.15 SALA 140 LES MILLS BODY PUMP	13.15 SALA 140 FUNCTIONAL TRAINING	13.15 SALA 140 BODY TRAINING	13.15 SALA Cycling LES MILLS RPM		
	13.15 SALA 140 WALKING	13.15 SALA 100 PILATES <small>DAL 04/09</small>	13.15 SALA Cycling LES MILLS RPM		13.15 SALA 140 LES MILLS BODYSTEP		
POMERIGGIO		16.30 SALA AGORA' CROSS TRAINING TRAINING KIDS <small>DAL 25/09</small>		16.30 SALA AGORA' CROSS TRAINING TRAINING KIDS <small>DAL 25/09</small>			
		17.30 SALA AGORA' CROSS TRAINING TRAINING SEN <small>DAL 25/09</small>		17.30 SALA AGORA' CROSS TRAINING TRAINING SEN <small>DAL 25/09</small>			
SERA	18.00 SALA 100 FIT YOGA <small>DAL 04/09</small>	18.00 SALA 140 FUNCTIONAL TRAINING	18.00 SALA 140 WALKING	18.00 SALA 140 PILATES <small>DAL 04/09</small>	18.00 SALA 140 LES MILLS BODY PUMP		
	18.15 SALA 140 FUNCTIONAL TRAINING	18.15 SALA 100 LES MILLS BODYSTEP	18.15 SALA 100 PILATES <small>DAL 18/09</small>	18.15 SALA 100 LES MILLS BODY PUMP	18.15 SALA 100 FIT YOGA		
	19.00 SALA 100 BODY TRAINING <small>DAL 04/09</small>	19.00 SALA 140 WALKING	19.00 SALA 140 FUNCTIONAL TRAINING	19.00 SALA 140 WALKING	19.00 SALA Cycling LES MILLS RPM		
	19.15 SALA Cycling LES MILLS RPM	19.15 SALA 100 PILATES <small>DAL 04/09</small>	19.15 SALA 100 BODY TRAINING <small>DAL 04/09</small>	19.15 SALA 100 FUNCTIONAL TRAINING	19.00 SALA 140 BODY TRAINING		
	19.15 SALA 140 LES MILLS BODY PUMP			19.15 SALA Cycling LES MILLS RPM <small>DAL 04/09</small>			

**PLANNING PREMIUM LIVE
CAMERANO
DAL 28.08.2023**