

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
<b>MATTINO</b>	07.00 SALA TERRA ▶ LESMILLS BODYATTACK	07.00 SALA TERRA ▶ LESMILLS RPM	07.00 SALA TERRA ▶ LESMILLS BODYCOMBAT	07.00 SALA TERRA ▶ LESMILLS BODYBALANCE	07.00 SALA TERRA ▶ LESMILLS CORE	09.00 SALA TERRA ▶ LESMILLS RPM	09.00 SALA TERRA ▶ LESMILLS BODYPUMP
	08.00 SALA TERRA ▶ LESMILLS BODYBALANCE	08.00 SALA TERRA ▶ LESMILLS BODYATTACK	08.00 SALA TERRA ▶ LESMILLS CORE	08.00 SALA TERRA ▶ LESMILLS BODYPUMP	08.00 SALA TERRA ▶ LESMILLS THE TRIP	10.00 SALA TERRA ▶ LESMILLS BODYATTACK	10.00 SALA TERRA ▶ LESMILLS BODYBALANCE
	11.00 SALA TERRA ▶ LESMILLS CORE	09.00 SALA TERRA ▶ LESMILLS BODYPUMP	11.00 SALA TERRA ▶ LESMILLS RPM	09.00 SALA TERRA ▶ LESMILLS RPM	11.00 SALA TERRA ▶ LESMILLS BODYATTACK	11.00 SALA TERRA ▶ LESMILLS BODYBALANCE	11.00 SALA TERRA ▶ LESMILLS RPM
	12.00 SALA TERRA ▶ 30' LESMILLS BODYPUMP	10.00 SALA TERRA ▶ LESMILLS BODYBALANCE	12.00 SALA TERRA ▶ 30' LESMILLS BODYBALANCE	10.00 SALA TERRA ▶ LESMILLS CORE	12.00 SALA TERRA ▶ 30' LESMILLS BODYCOMBAT	12.00 SALA TERRA ▶ 30' LESMILLS BODYPUMP	12.00 SALA TERRA ▶ 30' LESMILLS sprint
		11.00 SALA TERRA ▶ LESMILLS BODYPUMP		11.00 SALA TERRA ▶ LESMILLS THE TRIP			
		12.00 SALA TERRA ▶ 30' LESMILLS sprint		12.00 SALA 100 ▶ 30' LESMILLS CORE			
<b>PRANZO</b>			13.15 SALA TERRA ▶ LESMILLS THE TRIP			13.30 SALA TERRA ▶ LESMILLS BODYBALANCE	
<b>POMERIGGIO</b>	15.00 SALA TERRA ▶ LESMILLS BODYCOMBAT	15.00 SALA TERRA ▶ LESMILLS CORE	15.00 SALA TERRA ▶ LESMILLS BODYBALANCE	15.00 SALA TERRA ▶ LESMILLS RPM	15.00 SALA TERRA ▶ LESMILLS BODYPUMP	14.30 SALA TERRA ▶ LESMILLS RPM	
	16.00 SALA TERRA ▶ LESMILLS BODYBALANCE	16.00 SALA TERRA ▶ 30' LESMILLS sprint	16.00 SALA TERRA ▶ LESMILLS CORE	16.00 SALA TERRA ▶ LESMILLS BODYPUMP	16.00 SALA TERRA ▶ LESMILLS BODYATTACK	15.30 SALA TERRA ▶ LESMILLS THE TRIP	
	17.00 SALA TERRA ▶ LESMILLS CORE	17.00 SALA TERRA ▶ LESMILLS SH'BAM	17.00 SALA TERRA ▶ LESMILLS BODYCOMBAT	17.00 SALA TERRA ▶ LESMILLS BODYBALANCE	17.00 SALA TERRA ▶ LESMILLS THE TRIP	16.30 SALA TERRA ▶ LESMILLS SH'BAM	
<b>SERA</b>	20.30 SALA TERRA ▶ 30' LESMILLS BODYPUMP	20.30 SALA TERRA ▶ 30' LESMILLS sprint	20.30 SALA 100 ▶ 30' LESMILLS CORE	20.30 SALA TERRA ▶ 30' LESMILLS BODYCOMBAT	18.00 SALA TERRA ▶ LESMILLS BODYATTACK		
					20.30 SALA TERRA ▶ 30' LESMILLS SH'BAM		

PLANNING FILMED (VIDEO)  
JESI  
DAL 18.09.23