

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
MATTINO	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 ▶ LESMILLS BODYPUMP 30'	10.00 SALA TERRA ▶ LESMILLS BODYBALANCE	12.00 SALA TERRA ▶ LESMILLS BODYBALANCE 30'	10.00 SALA TERRA ▶ LESMILLS CORE	12.00 SALA TERRA ▶ LESMILLS BODYCOMBAT 30'	12.00 SALA TERRA ▶ LESMILLS BODYPUMP 30'	12.00 SALA TERRA ▶ LESMILLS sprint 30'
		11.00 SALA TERRA ▶ LESMILLS BODYPUMP		11.00 SALA TERRA ▶ LESMILLS THE TRIP			
		12.00 SALA TERRA ▶ LESMILLS sprint 30'		12.00 SALA 100 ▶ LESMILLS CORE 30'			
PRANZO				13.15 SALA TERRA ▶ LESMILLS THE TRIP		13.30 SALA TERRA ▶ LESMILLS BODYBALANCE	
POMERIGGIO	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 ▶ LESMILLS sprint 30'	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	
SERA	20.30 SALA TERRA ▶ LESMILLS BODYPUMP 30'	20.30 SALA TERRA ▶ LESMILLS sprint 30'	20.30 SALA 100 ▶ LESMILLS CORE 30'	20.30 SALA TERRA ▶ LESMILLS BODYCOMBAT 30'	18.00 SALA TERRA ▶ LESMILLS BODYATTACK		
					20.30 SALA TERRA ▶ LESMILLS SH'BAM 30'		

PLANNING FILMED (VIDEO)
JESI
DAL 18.09.23