

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	ENERGI'	SABATO	DOMENICA
MATTINO	07.30 SALA 140 <b>PILATES</b>	07.30 SALA 100 <b>FIT YOGA</b>	07.30 SALA 140 <b>LES MILLS BODY PUMP</b>	07.15 SALA 140 <b>FIT YOGA</b>	07.30 SALA 140 <b>WALKING</b>	10.00 SALA 140 <b>CORSO A ROTAZIONE</b>	10.30 SALA Cycling <b>LES MILLS RPM</b>
	09.30 SALA 140 <b>LES MILLS BODYSTEP</b>	09.00 SALA 100 <b>POSTURAL GYM</b>	09.30 SALA 140 <b>FUNCTIONAL TRAINING</b>	09.30 SALA AGORA' <b>CIRCUITO METABOLICO</b>	09.30 SALA 140 <b>POSTURAL GYM</b>		
		10.00 SALA 140 <b>WALKING</b>					
PRANZO	13.15 SALA Cycling <b>LES MILLS RPM</b>	13.15 SALA 140 <b>LES MILLS BODY PUMP</b>	13.15 SALA 140 <b>FUNCTIONAL TRAINING</b>	13.15 SALA 140 <b>BODY TRAINING</b>	13.15 SALA Cycling <b>LES MILLS RPM</b>		
	13.15 SALA 140 <b>WALKING</b>	13.15 SALA 100 <b>PILATES</b>	13.15 SALA Cycling <b>LES MILLS RPM</b>		13.15 SALA 140 <b>WALKING</b>		
POMERIGGIO		17.00 SALA 140 <b>WALKING</b>		16.30 SALA AGORA' <b>CROSS TRAINING TRAINING KIDS</b>	17.00 SALA 140 <b>BOOTY UP</b>		
		17.30 SALA AGORA' <b>CROSS TRAINING TRAINING TEEN</b>		17.30 SALA AGORA' <b>CROSS TRAINING TRAINING TEEN</b>			
SERA	18.00 SALA 100 <b>FIT YOGA</b>	18.00 SALA 140 <b>FUNCTIONAL TRAINING</b>	18.00 SALA 140 <b>WALKING</b>	18.00 SALA 140 <b>PILATES</b>	18.00 SALA 140 <b>LES MILLS BODY PUMP</b>		
	18.15 SALA 140 <b>FUNCTIONAL TRAINING</b>	18.15 SALA 100 <b>LES MILLS BODYSTEP</b>	18.15 SALA 100 <b>PILATES</b>	18.15 SALA 100 <b>LES MILLS BODY PUMP</b>	18.15 SALA 100 <b>FIT YOGA</b>		
	19.00 SALA 100 <b>BODY TRAINING</b>	19.00 SALA 140 <b>WALKING</b>	19.00 SALA 140 <b>FUNCTIONAL TRAINING</b>	19.00 SALA 140 <b>WALKING</b>	19.00 SALA Cycling <b>LES MILLS RPM</b>		
	19.15 SALA Cycling <b>LES MILLS RPM</b>	19.15 SALA 100 <b>PILATES</b>	19.15 SALA 100 <b>BODY TRAINING</b>	19.15 SALA 100 <b>FUNCTIONAL TRAINING</b>	19.00 SALA 140 <b>BODY TRAINING</b>		
	19.15 SALA 140 <b>LES MILLS BODY PUMP</b>			19.15 SALA Cycling <b>LES MILLS RPM</b>			

**PLANNING PREMIUM LIVE  
CAMERANO  
DAL 01.04.2024**