



LES MILLS VIRTUAL

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7.30	45' THE TRIP	30' BODYBALANCE	30' BODYPUMP	30' sprint	30' BODYPUMP	45' THE TRIP	
8.00							
9.00							
9.30	30' CXWORX	45' THE TRIP	45' BODYPUMP	30' LES MILLS GRIT CARDIO	45' BODYBALANCE	30' LES MILLS GRIT STRENGTH	50' BODYCOMBAT
10.00							
10.30	45' RPM	30' BODYBALANCE	30' LES MILLS GRIT ATHLETIC	45' THE TRIP	30' BODYPUMP	30' CXWORX	
11.00						30' LES MILLS GRIT CARDIO	
11.30	30' LES MILLS GRIT CARDIO	45' THE TRIP	30' BODYCOMBAT	30' BODYPUMP	30' BODYBALANCE		
12.00							
12.20	30' sprint	30' RPM	30' sprint	30' RPM	30' sprint	30' BODYBALANCE	30' CXWORX
13.00		30' CXWORX		45' THE TRIP			
13.40	30' CXWORX	30' BODYPUMP		45' BODYCOMBAT	30' BODYBALANCE	45' BODYPUMP	45' THE TRIP
14.30	30' BODYBALANCE	30' BODYCOMBAT	30' BODYPUMP	30' LES MILLS GRIT STRENGTH	45' THE TRIP		
15.00						30' CXWORX	30' BODYBALANCE
16.00	30' BODYPUMP	45' THE TRIP	30' LES MILLS GRIT CARDIO	30' BODYBALANCE	30' BODYCOMBAT		
16.30						45' THE TRIP	45' BODYPUMP
17.00	30' sprint	45' BODYBALANCE	45' BODYCOMBAT	45' THE TRIP	30' LES MILLS GRIT CARDIO		
18.00						45' BODYCOMBAT	45' BODYBALANCE
18.30						I corsi THE TRIP, SPRINT e RPM prevedono l'uso della SPIN BIKE • orario dal 25 maggio	
19.00							
19.30							
20.00							
21.00	45' BODYBALANCE	45' THE TRIP	45' BODYPUMP	30' BODYCOMBAT	30' BODYBALANCE		

ORARIO IN VIGORE DAL 25/05/2020