

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	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	45' BODYPUMP
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' LES MILLS GRIT CARDIO	30' CXWORX	45' BODYPUMP	45' THE TRIP	30' CXWORX		
13.40	30' CXWORX	30' BODYPUMP		30' 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
17.30	30' sprint	45' BODYBALANCE	45' BODYCOMBAT	45' THE TRIP	30' LES MILLS GRIT CARDIO		
18.00						45' BODYCOMBAT	45' BODYBALANCE
18.30	30' LES MILLS GRIT CARDIO	30' BODYPUMP	30' CXWORX	30' LES MILLS GRIT ATHLETIC	45' BODYPUMP	LEGENDA CORSI CON ISTRUTTORE CORSI VIRTUAL I corsi THE TRIP, SPRINT e RPM prevedono l'uso della SPIN BIKE	DAL 10 AL 16 AGOSTO TUTTI I LIVE SARANNO VIRTUAL
19.00							
19.30	45' BODYPUMP	30' CXWORX	30' LES MILLS GRIT FORZA	45' BODYPUMP	30' LES MILLS GRIT CARDIO		
20.00							
20.30	45' BODYBALANCE	45' THE TRIP	45' BODYPUMP	30' BODYCOMBAT	30' BODYBALANCE		