MADGYM
WE ARE THE URBAN NATURE.

LESMILLS

	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' LESMILLS GRIT CARDIO	45' BODYBALANCE	30' LESMILLS GRIT	50' BODYCOMBAT
10.00							
10.30	45' RPM	30' BODYBALANCE	30' LESMILLS GRIT ATHLETIC	45' THE TRIP	30' BODYPUMP	30' CXWORX	
11.00						30' LESMILLS GRIT CARDIO	45' LESMILLS Class
11.30	30' LESMILLS 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' LESMILLS 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' LESMILLS GRIT STRENGTH	45' THE TRIP		
15.00						30' CXWORX	30' BODYBALANCE
16.00	30' BODYPUMP	45' THE TRIP	30' LESMILLS 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' LESMILLS GRIT CARDIO		
18.00	30' LESMILLS GRIT CARDIO	30' BODYPUMP	30' LESMILLS GRIT FORZA	30' BODYPUMP	45' CXWORX	45' BODYCOMBAT	45' BODYBALANCE
18.30							
19.00	45' BODYPUMP	30' LESMILLS GRIT ATHLETIC	30' CXWORX	30' LESMILLS GRIT ATHLETIC			
19.30					45' BODYPUMP		
20.00	30' CXWORX	30' BODYPUMP	30' BODYPUMP	45' BODYBALANCE			
20.30	45' BODYBALANCE	45' THE TRIP	45' THE TRIP		30' BODYBALANCE		

LEGENDA

CORSI CON ISTRUTTORE

CORSI VIRTUAL

I corsi THE TRIP, SPRINT e RPM prevedono l'uso della SPIN BIKE

Il corso LESMILLS Class dal 25 Ottobre sarà con istruttore

RICORDIAMO CHE IL NUMERO MINIMO DI PARTECIPANTI PER L'EFFETTUAZIONE DEL CORSO CON ISTRUTTORE È DI 3 PERSONE