



PROGRAMMA CORSI

PRENOTAZIONE OBBLIGATORIA
APP TECHNOGYM



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
08:30 - 09:15 LES MILLS Shapes	09:30 - 10:15 ((EC)) PILATES	08:30 - 09:15 LES MILLS CORE	08:30 - 09:15 LES MILLS BODYCOMBAT	08:30 - 09:15 ATHLETIC CIRCUIT TRAINING	
09:30 - 10:15 LES MILLS BODYATTACK		09:30 - 10:15 LES MILLS BODYPUMP	09:30 - 10:25 LES MILLS BODYBALANCE	09:30 - 10:15 ((EC)) PILATES	
10:15 - 11:00 ((EC)) POSTURAL		10:15 - 11:00 TRX PILATES			
12:15 - 13:00 LES MILLS CORE	12:15 - 13:00 ATHLETIC CIRCUIT TRAINING		12:15 - 13:00 LES MILLS BODYPUMP	12:15 - 13:00 ((EC)) BOXE	
17:30 - 18:00 LES MILLS BODYATTACK	17:30 - 18:15 LES MILLS Shapes	17:30 - 18:15 ((EC)) PILATES	18:00 - 18:30 LES MILLS CORE	16:30 - 17:15 TRX PILATES	
18:00 - 18:30 TRX	18:30 - 19:25 LES MILLS BODYBALANCE	18:30 - 19:15 LES MILLS BODYATTACK	18:30 - 19:25 LES MILLS BODYCOMBAT	17:30 - 18:00 ((EC)) BOXE	
18:30 - 19:15 LES MILLS BODYPUMP	19:30 - 20:15 ATHLETIC CIRCUIT TRAINING	19:15 - 20:00 TRX PILATES		18:45 - 19:30 ((EC)) PILATES	
20:00 - 20:45 ((EC)) BOXE					

● 30 minuti

● 45 minuti

● 55 minuti

LES MILLS FUNCTIONAL STRENGTH

PERSONAL TRAINING DI GRUPPO DA 45 MINUTI
INFO E PREZZI IN RECEPTION

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:30 FUNCTIONAL STRENGTH	20:15 FUNCTIONAL STRENGTH	12:15 FUNCTIONAL STRENGTH	17:15 FUNCTIONAL STRENGTH	07:30 FUNCTIONAL STRENGTH	
19:15 FUNCTIONAL STRENGTH		16:30 FUNCTIONAL STRENGTH		18:00 FUNCTIONAL STRENGTH	

FLEX

LA TUA SCHIENA
TI RINGRAZIERA

INFO E PREZZI IN RECEPTION

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
11:00 FLEX	11:00 FLEX	20:00 FLEX		10:30 FLEX



RIMANI AGGIORNATO
SEGUICI SU INSTAGRAM