

VENERDÌ

BODY & MIND	9:00	Studio 1	55 min
GINNASTICA DOLCE	9:00	Studio 2	55 min
DANCE CARDIO	10:00	Studio 1	55 min
SPINNING	12:45	Studio 2	50 min
BODY & MIND	12:45	Studio 1	50 min
PILATES	18:00	Studio 2	50 min
LESMILLS BODYCOMBAT	18:10	Studio 1	50 min
LESMILLS BODYPUMP	19:00	Studio 1	50 min

SABATO

LESMILLS BODYPUMP	9:40	Studio 1	60 min
HIIT	10:50	Studio 1	30 min
SPINNING	11:30	Studio 2	50 min

focus.

LA NOSTRA MISSION, FIN DAL 1987,
È QUELLA DI DIFFONDERE LA CULTURA DEL WELLNESS,
PROMUOVENDO UNO STILE DI VITA SANO E DI QUALITÀ.

Quality lifestyle since 1987


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GYMNASIUM
WELLNESS & SPA CLUBS
SINCE 1987

FITNESS
PLANNING CORSI

Quality lifestyle
since 1987

2023/2024

ARZIGNANO

LUNEDÌ

SPINNING	9:00	Studio 2	50 min
WORKOUT	9:00	Studio 1	55 min
PILATES	10:00	Studio 1	55 min
SPARTAN WORKOUT	12:45	Studio 1	55 min
SPINNING	12:45	Studio 2	50 min
TOTALBODY	14:00	Studio 1	55 min
HIIT	18:00	Studio 1	30 min
PILATES	18:00	Studio 2	50 min
LES MILLS BODYCOMBAT	18:40	Studio 1	55 min
SPINNING	18:55	Studio 2	50 min
LES MILLS BODYPUMP	19:40	Studio 1	55 min
FUNCTIONAL TRAINING	20:00	Studio 2	50 min

mattina (8.00-11.45)
 pausa pranzo (12.00-14.00)
 pomeriggio (14.15-21.00)

MARTEDÌ

LES MILLS BODYPUMP	9:00	Studio 1	55 min
LES MILLS BODYPUMP	12:45	Studio 1	55 min
LES MILLS BODYPUMP	18:00	Studio 1	50 min
DANCE CARDIO	18:15	Studio 2	50 min
TOTAL BODY	18:55	Studio 1	55 min
SPINNING	19:15	Studio 2	50 min
PILATES	20:00	Studio 1	55 min

mattina (8.00-11.45)
 pausa pranzo (12.00-14.00)
 pomeriggio (14.15-21.00)

MERCOLEDÌ

SPINNING	9:00	Studio 2	50 min
GINNASTICA DOLCE	9:00	Studio 1	55 min
PILATES	10:00	Studio 1	55 min
TRX	12:45	Studio 1	40 min
SPINNING	12:45	Studio 2	50 min
DANCE CARDIO	17:50	Studio 1	50 min
PILATES	18:00	Studio 2	50 min
LES MILLS BODYCOMBAT	18:40	Studio 1	55 min
SPINNING	18:55	Studio 2	50 min
LES MILLS BODYPUMP	19:40	Studio 1	55 min
TRX	20:00	Studio 2	40 min

mattina (8.00-11.45)
 pausa pranzo (12.00-14.00)
 pomeriggio (14.15-21.00)

GIOVEDÌ

LES MILLS BODYPUMP	9:00	Studio 1	55 min
LES MILLS BODYPUMP	12:45	Studio 1	55 min
TOTAL BODY	14:00	Studio 1	55 min
LES MILLS BODYPUMP	18:00	Studio 1	50 min
HIIT	18:00	Studio 2	30 min
SPINNING	18:40	Studio 2	50 min
TOTAL BODY	18:55	Studio 1	55 min
TRX	19:40	Studio 2	40 min
PILATES	20:00	Studio 1	55 min

mattina (8.00-11.45)
 pausa pranzo (12.00-14.00)
 pomeriggio (14.15-21.00)