

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
10.30	tone			LES MILLS BODYPUMP		
11.00						SURPRISE
13.00	LES MILLS BODYPUMP	LES MILLS CXWORX	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	tone	
18.15	LES MILLS barre		LES MILLS BODYATTACK		LES MILLS CXWORX	
18.30		tone		LES MILLS BODYPUMP		
18.45	LES MILLS SH'BAM		LES MILLS BODYBALANCE		tone	
19.15		LES MILLS GRIT		LES MILLS barre		
19.30	LES MILLS BODYATTACK		LES MILLS BODYPUMP		LES MILLS BODYBALANCE	
20.00		LES MILLS BODYPUMP		LES MILLS BODYATTACK		
20.15	LES MILLS CXWORX		LES MILLS GRIT			

30' LES MILLS barre LES MILLS CXWORX LES MILLS GRIT
 45' LES MILLS BODYATTACK LES MILLS BODYPUMP LES MILLS BODYBALANCE LES MILLS SH'BAM LES MILLS tone

