



PROGRAMMAZIONE STAGIONE 2024/25

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
09.00							
10.00	MOBILITY TRAINING	H.E.A.T. PROGRAM	VIRTUAL SPINNING	TRX Suspension Training	FUNCTIONAL TRAINING		GROUP CYCLING
13.00	LES MILLS CORE	GROUP CYCLING	HEAT CIRCUIT	FUNCTIONAL TRAINING	TRX Suspension Training		
18.00	LES MILLS CORE	LES MILLS BODYBALANCE	FUNCTIONAL TRAINING	LES MILLS CORE			
19.00	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		
20.00	LES MILLS BODYPUMP GROUP CYCLING	H.E.A.T. PROGRAM	GROUP CYCLING	LES MILLS BODYATTACK GROUP CYCLING	H.E.A.T. PROGRAM		

