

PLANNING FITNESS IN VIGORE DAL 1 OTTOBRE 2018

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

10:00

**FUNCTIONAL
TRAINING**

C.C.M.

TRX
**LES MILLS
CXWORX**

C.C.M.

**LES MILLS
BODYPUMP**

11:00

C.C.M.

**LES MILLS
BODYPUMP**

MOBILITY

**LES MILLS
BODYATTACK
CXWORX**

C.C.M.

14:00

**FUNCTIONAL
TRAINING**

**LES MILLS
CXWORX**

TRX METABOLIC

MISSION ABS.

**LES MILLS
BODYPUMP**

GROUP CYCLING

CROSS OUT CAGE

GROUP CYCLING

18:00

**LES MILLS
BODYATTACK**

C.C.M.
MOBILITY

C.C.M.
MOBILITY

**LES MILLS
CXWORX**

19:00

**FUNCT. METABOLIC
+ MISSION ABS.**

**LES MILLS
BODYATTACK
CXWORX**

**FIT BOXE FIGHTER
+ MOBILITY**

**LES MILLS
BODYPUMP**

**JUMP
+ MOBILITY**

GROUP CYCLING

GROUP CYCLING

GROUP CYCLING

20:00

**LES MILLS
BODYPUMP**

**FUNCTIONAL
TRAINING**

GAG

**TRX
FUSION**

**LES MILLS
BODYATTACK**

GROUP CYCLING

GROUP CYCLING

GROUP CYCLING

21:00

STEP & TONE

TRX

**LES MILLS
BODYPUMP**

**LES MILLS
CXWORX**