



**MAKE
YOUR
BODY
HAPPY**

REEBOK
LES MILLS

FMT



ORA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
	SALA 7,00 - 22,30	SALA 8,30 - 22,30	SALA 7,00 - 22,30	SALA 8,30 - 22,30	SALA 7,00 - 22,30	SALA 9,30 - 18,00
9.00	FUNCTIONAL TRAINING	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	FUNCTIONAL TRAINING	
10.00	PILATES BASE	BODYFLY		BODYFLY	PILATES BASE	
11.00	GAG	TOTAL BODY SUPERJUMP	PUMP	LES MILLS CXWORX	SUPERJUMP	
13.00					LES MILLS BODYBALANCE SUPERJUMP	LES MILLS BODYCOMBAT CXWORX
13.30	ATHLETIC TONE		GAG		CIRCUIT TONE	
14.00		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		
16.00	PILATES BASE	ANTIGRAVITY YOGA ADVANCED	DINAMIC PILATES	ANTIGRAVITY YOGA ADVANCED	PILATES BASE	
17.00	PILATES ADVANCED	GIOCODANZA	ANTIGRAVITY YOGA BASE	GIOCODANZA	PILATES ADVANCED	
18.00	LES MILLS BODYBALANCE	BODYFLY		BODYFLY	ANTIGRAVITY YOGA BASE	
19.00			LES MILLS BODYCOMBAT			
19.30	FIT BOXE	ZUMBA		ZUMBA	FIT BOXE	
19:45						
20.30	PUMP	CIRCUIT	SUPERJUMP	LES MILLS CXWORX	TOTAL BODY SUPERJUMP	



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