ORARIO CORSI & SALA PESI

A PARTIRE DAL 22 SETTEMBRE

MATTINA / POME

LUN	MAR	MER	GIO	VEN	SAB	DOM
SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 21:30	SALA PESI 9:30 - 18:30	SALA PESI 9:30 - 13:30
TREKKMILL 7:15	GROUP CYCLING 8:00	GROUP CYCLING 7:15	GROUP CYCLING 8:00	FITNESS MOBILITY 9:30	-	-
FITNESS MOBILITY 9:30	PILATES FUSION 9:00	GINNASTICA DOLCE 9:30	PILATES FUSION 9:00	PILATES SLIDE 12:40	DOUBBLEX 10:30	DOUBBLEX 10:30
HYROX 12:40	PILATES FUSION 10:00	TREKKMILL 10:30	PILATES FUSION 10:00	FIT&BOXE 12:40	-	-
FIT&BOXE 12:40	DANZA MODERN ADULTI 10:00	ZUMBA 12:40	DANZA MODERN ADULTI 10:00	OMNIA 12:40	-	-
OMNIA 12:40	CROSS TRAINING 12:40	-	CROSS TRAINING 12:40	HYROX 12:40	-	-
PILATES FUSION 12:40	DOUBBLEX 12:50	GROUP CYCLING 12:50	DOUBBLEX 12:50	GROUP CYCLING 12:50	-	-
GROUP CYCLING 12:50	PILATES 12:50	GROUP CYCLING 15:00	PILATES 12:50	TREKKMILL 16:45	-	-
GROUP CYCLING 16:45	TREKKMILL 16:45	DANZA AVVIO ALLA DANZA 15:30	DANZA PRIMARY BALLET 17:00	DANZA AVVIO ALLA DANZA 17:00	-	-
DANZA PRE ACCADEMICO 17:00	DANZA PREP. ATLETICA 17:00	GROUP CYCLING 16:45	-	PILATES FUSION 17:00	-	-
WALL PILATES 17:00	PILATES SLIDE 17:00	DANZA ACCADEMICO 17:00	-	ROTOPRESS (GROUP C.) 17:45	-	-
DANZA PRIMARY BALLET 17:00	ROTOPRESS (GROUP C.) 17:45	-	-	-	-	-

SERA

LUN	MAR	MER	GIO	VEN
FIT&BOXE 18:00	CROSS TRAINING 18:00	-	CROSS TRAINING 18:00	ZUMBA 18:00
PILATES BASE 18:00	PILATES FUSION 18:00	FIT&BOXE 18:00	TREKKMILL 18:00	-
DOUBBLEX 18:00	-	PILATES BASE 18:00	DANZA PRE ACCADEMICO 18:00	DANZA ACCADEMICO 18:00
HYROX 18:00	LES MILLS BODY STEP 18:00	GROUP CYCLING 18:00	BODY STEP 18:00	KETTLEBELL 18:00
DANZA ACCADEMICO 18:30	DANZA PRE ACCADEMICO 18:00	SPARTAN TRAINING 18:00	YOGA DYNAMIC 18:00	PILATES FUSION 18:00
OMNIA 19:00	SPARTAN TRAINING 19:00	DANZA MODERN ADULTI 18:30	SPARTAN TRAINING 19:00	YOGA DYNAMIC 19:00
PILATES AVANZATO 19:00	TREKKVITAE 19:15	OMNIA 19:00	GROUP CYCLING 19:00	GROUP CYCLING 19:15
BODY STEP 19:00	YOGA DYNAMIC 19:00	PILATES AVANZATO 19:00	LES MILLS BODY PUMP 19:00	FIT&BOXE 19:00
KETTLEBELL 19:00	LES MILLS BODY PUMP 19:00	ZUMBA 19:00	PILATES BASE 19:00	HYROX 19:00
GROUP CYCLING 19:00	-	KETTLEBELL 19:00	-	-
CROSS CARDIO 20:00	ZUMBA 20:00	TREKKMILL 19:00	CYCLEX/ TREKKVITAE 20:00	-
CROSS TRAINING 20:00	DOUBBLEX 20:15	LES MILLS BODY PUMP 20:00	CROSS CARDIO 20:00	-
TREKKMILL 20:00	-	CROSS TRAINING 20:00	HYROX 20:00	-

PALESTRA

BEM

Per info scrivi a info@bemfit.it oppure visita il sito bemfit.it per scoprire l'offerta, le news e gli eventi