

# MATTINA / POMERIGGIO

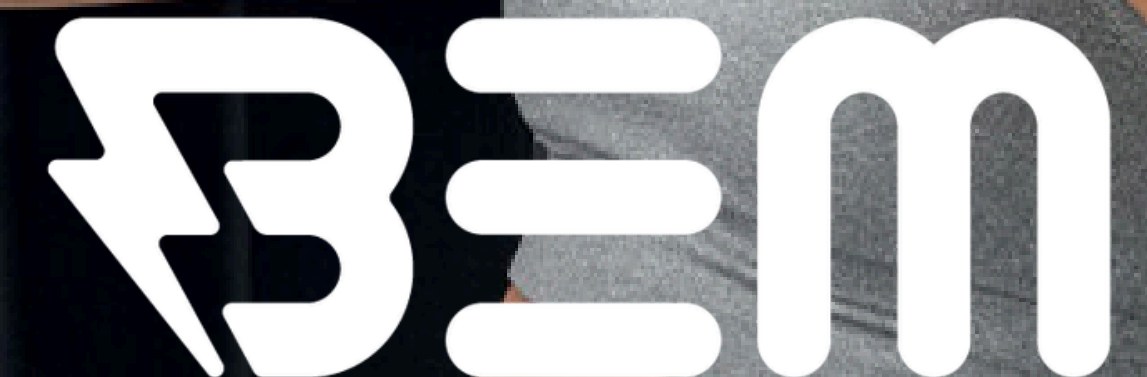
LUN	MAR	MER	GIO	VEN	SAB	DOM
SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 22:00	SALA PESI 7:00 - 21:30	SALA PESI 9:30 - 18:30	SALA PESI 9:30 - 13:30
-	GROUP CYCLING 8:00	-	GROUP CYCLING 8:00	FITNESS MOBILITY 9:30	-	-
FITNESS MOBILITY 9:30	PILATES FUSION 9:00	GINNASTICA DOLCE 9:30	PILATES FUSION 9:00	PILATES SLIDE 12:40	DOUBBLEX 10:30	DOUBBLEX 10:30
HYROX 12:40	PILATES FUSION 10:00	-	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	-	-	-
PILATES FUSION 12:40	CROSS TRAINING 12:40	-	CROSS TRAINING 12:40	HYROX 12:40	-	-
GROUP CYCLING 12:50	DOUBBLEX 12:50	GROUP CYCLING 12:50	-	DOUBBLEX 12:50	-	-
SPARTAN TRAINING 17:00	PILATES 12:50	-	PILATES 12:50	TREKTMILL 17:00	-	-
DOUBBLEX 17:00	TREKTMILL 17:00	DANZA AVVIO ALLA DANZA 15:30	DANZA PRIMARY BALLET 17:00	DANZA AVVIO ALLA DANZA 17:00	-	-
DANZA PRE ACCADEMICO 17:00	-	DOUBBLEX 17:00	-	PILATES FUSION 17:00	-	-
WALL PILATES 17:00	PILATES SLIDE 17:00	DANZA ACCADEMICO 17:00	-	KETTLEBELL 17:30	-	-
DANZA PRIMARY BALLET 17:00	CROSS TRAINING 17:00	-	-	-	-	-

# SERA

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

# ORARIO CORSI & SALA PESI A PARTIRE DAL 7 GENNAIO

PALESTRA



Per info scrivi a [info@bemfit.it](mailto:info@bemfit.it) oppure visita il sito [bemfit.it](http://bemfit.it) per scoprire l'offerta, le news e gli eventi