

Lume. Planning Lume Macerata

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Orario della stagione 26/27 ancora provvisorio: qualche corso e qualche orario possono cambiare prima di settembre.

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:00	IntensitYOU07:50	Yoga07:50	IntensitYOU07:50	Pilates07:50		
07:30			Reformer08:20		Reformer08:20	
08:30	Pilates Base09:20	Reformer09:20	Reformer09:20	Pilates09:20	Reformer09:20	
09:00						Reformer09:50
09:15	LesMills BodyPump10:05	Corpo Libero10:05	LesMills Shapes10:05	Corpo Libero10:05	LesMills Core10:05	
09:30						LesMills BodyPump10:20
10:00	Reformer10:50		Reformer10:50		Reformer10:50	
10:15	Soft Shapes11:05	Yoga Hatha – Yin11:05	Pilates Intermedio11:05	Mobility11:05	Pilates Base11:05	
10:30						LesMills BodyBalance11:20
13:15		Calisthenics14:05		Calisthenics14:05		
13:30	IntensitYOU14:20	LesMills Shapes14:20	LesMills BodyPump14:20	Walk & Tone14:20	LesMills Core14:20	
	LesMills RPM14:20	Pilates Avanzato14:20	Pilates Barre14:20	Yoga14:20	LesMills RPM14:20	
	Pilates Base14:20	Reformer Intermedi14:20			Spartan System14:20	
	Reformer14:20	Yoga14:20				
14:30	LesMills BodyPump15:20		LesMills Core15:20		LesMills BodyBalance15:20	
	Reformer15:20		Reformer15:20			
16:30					Walking17:20	
17:00		Reformer17:50		Reformer17:50		
17:15		IntensitYOU18:05				
17:30	Corpo Libero18:20		LesMills Shapes18:20		Corpo Libero18:20	
18:00	Reformer Intermedi18:50	Mobility18:50	Spartan System18:50	Pilates Barre18:50	LesMills BodyPump18:50	
	Yoga18:50	Reformer18:50		Reformer18:50	Pilates Intermedio18:50	
18:15	LesMills Core19:05	LesMills BodyPump19:05		IntensitYOU19:05		
				Walking19:05		

Planning Lume Macerata — continua

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
18:30			Bodycombat19:20 Yoga19:20		Corpo Libero19:20	
18:45	Corpo Libero19:35					
19:00	Pilates Base19:50 Reformer19:50	TRX Pilates19:50	Reformer19:50		Calisthenics19:50 LesMills BodyBalance19:50 Reformer19:50	
19:15	Bodycombat20:05	IntensitYOU20:05	Calisthenics20:05	LesMills Core20:05 Spartan System20:05 Yoga20:05		
19:30	Calisthenics20:20	LesMills Shapes20:20	Bodypump20:20 Corpo Libero20:20		Corpo Libero20:20	
20:00		Pilates Base20:50			Mobility20:50	
20:15			LesMills BodyBalance21:05			
20:30	Corpo Libero21:20 IntensitYOU21:20	Walking21:20	Corpo Libero21:20	LesMills Pilates21:20 LesMills RPM21:20	LesMills Core21:20	