

Lume. Planning Lume Piediripa

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Palinsesto di apertura provvisorio: istruttori e alcune attività sono in fase di conferma.

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
07:00	CrossFit 08:00	Hybrid Class 08:00	CrossFit 08:00	Hybrid Class 08:00	CrossFit 08:00		
	Pilates 08:00				LesMills BodyBalance 08:00		
07:30		LesMills Shapes 08:30					
08:30	Hybrid Class 09:30	LesMills Core 09:30	Hybrid Class 09:30	Pilates 09:30	Hybrid Class 09:30		
	Reformer 09:30		LesMills BodyPump 09:30		LesMills BodyBalance 09:30		
09:00	CrossFit 10:00	CrossFit 10:00	CrossFit 10:00	CrossFit 10:00	CrossFit 10:00	CrossFit 10:00	
			Pilates 10:00				
09:30						LesMills BodyBalance 10:30	
10:00	Gentle Training 11:00		Reformer 11:00	Yoga 11:00		Hybrid Class 11:00	Hybrid Class 11:00
10:30		LesMills Pilates 11:20			LesMills BodyPump 11:30		
12:30	CrossFit 13:30	Hybrid Class 13:30	CrossFit 13:30	Hybrid Class 13:30	CrossFit 13:30		
12:45	LesMills BodyPump 13:30		LesMills BodyBalance 13:30		Reformer 13:45		
13:00		LesMills Core 13:30		LesMills BodyPump 13:30			
13:30	Hybrid Class 14:30	LesMills BodyPump 14:30	Hybrid Class 14:30	Pilates 14:30	Hybrid Class 14:30		
	Pilates 14:30		LesMills Shapes 14:30		LesMills Core 14:30		
13:45		CrossFit 14:45		CrossFit 14:45			
14:30	Reformer 15:30		LesMills BodyPump 15:30	Reformer 15:30	LesMills BodyBalance 15:30		
16:30		LesMills BodyBalance 17:30		Reformer 17:30			
17:15	CrossFit 18:15	CrossFit 18:15	CrossFit 18:15	CrossFit 18:15	CrossFit 18:15		
17:30	Yoga 18:30	LesMills Pilates 18:20	LesMills BodyPump 18:30	LesMills RPM 18:30	LesMills Core 18:30		
18:15	CrossFit 19:15	CrossFit 19:15	CrossFit 19:15	CrossFit 19:15	CrossFit 19:15		
18:30	Hybrid Class 19:30	Bodycombat 19:30	Hybrid Class 19:30	Hybrid Class 19:30	Hybrid Class 19:30		
	LesMills BodyPump 19:30	Hybrid Class 19:30	LesMills BodyBalance 19:30	Reformer 19:30			
19:15	CrossFit 20:15	CrossFit 20:15	CrossFit 20:15	CrossFit 20:15	CrossFit 20:15		

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	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
19:30	Hybrid Class 20:30	Calisthenics 20:30	Hybrid Class 20:30	Calisthenics 20:30	Hybrid Class 20:30		
	LesMills Core 20:30	LesMills BodyAttack 20:30	LesMills Shapes 20:30	Pilates 20:30			
20:15	CrossFit 21:15		CrossFit 21:15		CrossFit 21:15		
20:30	Pilates 21:30	Hybrid Class 21:30	LesMills RPM 21:30	Hybrid Class 21:30			