BELLAVITA FITNESS TERRA DAL 3 ALL'8 AGOSTO E DAL 17 AGOSTO AL 5 SETTEMBRE

	LUNEDI'				MARTEDI'					MERCOLEDI'				
	MASTER	X-ROOM	WALK & RIDE	MEDITATION ROOM	MASTER	TRX	X-ROOM	WALK & RIDE	MEDITATION ROOM	MASTER	TRX	X-ROOM	WALK & RIDE	MEDITATION ROOM
07:15 - 08:00		HYROX LUCA										HYROX LUCA		
10:00 - 10:45								CYCLING VIRGINIA			TRX LUCA			
10:30 - 11:30	BACK SCHOOL PROGRAMMA TOSO STEFANO M.								PAOLA	Easy Gym STEM				
11:00 - 11:45		EMMA			Full Body VIRGINIA							LUCA		
13:00 - 13:45			CYCLING TIZIANA				TIZIANA						CYCLING TIZIANA	
17:00- 17:45		TRX CIRCUIT LUCA							LesMILLS BODYBALANCE PAOLA			TRX CIRCUIT ELIA		
18:00 - 18:45	BODY SCULPT ELIA	LUCA		YOGA ELISA	Full Body GIULIA C.	TRX GRETA	HYROX ALESSIO	CYCLING VIRGINIA	YOGA PAOLA	ZUMBA VIRGINIA		ELIA		LesMILLS BODYBALANCE ELISA
19:00 - 19:45		LUCA	CYCLING GIAMPIERO	LesMILLS BODYBALANCE ELISA			GIULIA C.		PAOLA	KOMBAT VIRGINIA		BODY SCULPT ELIA	CYCLING GIAMPIERO	YOGA ELISA 19:00/20:15
20:00 - 20:45		POWERLIFTING STEFANO DS										POWERLIFTING STEFANO DS		

	GIOVEDI'					VENERDÌ				SABATO		
	MASTER	TRX	X-ROOM	WALK & RIDE	MEDITATION ROOM	X-ROOM	TRX	WALK & RIDE	MEDITATION ROOM	X-ROOM	WALK & RIDE	DANZA
07:15 - 08:00						HYROX LUCA						
10:00 - 10:45				CYCLING ALESSIO						METCON ELIA		
10:30 - 11:30		Pilates EMMA					TRX STEFANO M.					YOGA PAOLA 10:30-11:45
11:00 - 11:45						ALESSIO				ELIA		
12:30-13:45											CYCLING ELIA	
13:00 - 13:45			TIZIANA					CYCLING STEFANO M.				
17:00- 17:45	Full Body VIRGINIA				LesMILLS BODYBALANCE PAOLA	STEFANO M.						
18:00 - 18:45	MoVIDA VIRGINIA	TRX GIULIA C.	HYROX GRETA	CYCLING STEFANO M.	YOGA PAOLA	GIULIA C.		CYCLING ELIA	BACK SCHOOL PROGRAMMA TOSO STEFANO M.			
19:00 - 19:45		STEP base VIRGINIA	GIULIA C.	CYCLING STEFANO M.	Pilates PAOLA				MOBILITY GIULIA C.			