

FITNESS PROGRAM IN VIGORE DA LUNEDÌ 16 GENNAIO 2023

Registrati e prenota la tua lezione nell'AREA PERSONALE sul sito www.millenniumsportfitness.com oppure direttamente in RECEPTION in giornata.

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
CORSI FITNESS	CORSI FITNESS	CORSI FITNESS	CORSI FITNESS	CORSI FITNESS	CORSI FITNESS
7.30 - 8.00 Corpo Libero <small>ROTAZIONE</small>	7.00 - 8.00 Swim Training <small>FLAVIO ★</small>	9.30 - 10.20 Basic Pilates <small>IVAN</small>	7.00 - 8.00 Swim Training <small>FLAVIO ★</small>	9.30 - 10.20 Basic Pilates <small>FRANCESCA R</small>	9.30 - 10.20 Basic Pilates <small>PAOLO</small>
8.30 - 9.20 Basic Pilates <small>PAOLO</small>	9.00 - 9.50 Hatha Yoga Base <small>ANGELO</small>	10.30 - 11.20 Functional Workout <small>ANDREA</small>	7.30 - 8.00 Corpo Libero <small>ROTAZIONE</small>	10.30 - 11.20 GaG <small>ANDREA</small>	10.30 - 11.20 Free Class <small>ALE T / PAOLO ●●</small>
9.30 - 10.20 Functional Workout <small>PG</small>	10.00 - 10.50 Body Definition <small>LUISA B ●●</small>	10.30 - 11.20 Anti-Age <small>LUISA P</small>	9.00 - 9.50 Hatha Yoga <small>ANGELO</small>	10.30 - 11.20 Anti-Age <small>LUISA P</small>	11.30 - 12.20 Hatha Yoga <small>FRANCESCA D</small>
10.30 - 11.20 Anti-Age <small>LUISA P</small>	12.45 - 13.35 Body Definition <small>LUISA B ●●</small>	12.45 - 13.40 M-BootCamp <small>ANDREA</small>	10.00 - 10.50 Body Definition <small>LUISA B ●●</small>	12.50 - 13.40 Functional Workout <small>ANDREA</small>	
12.45 - 13.30 Cross Training <small>LUISA B</small>	12.50 - 13.40 Hatha Yoga <small>ANGELO</small>	12.50 - 13.45 Hatha Yoga <small>FRANCESCA D</small>	12.45 - 13.35 Body Pump <small>LUISA B ●</small>	13.00 - 13.50 Functional Pilates <small>PAOLO</small>	INDOOR BIKE
13.00 - 13.50 Pilates Tools <small>PAOLO</small>	13.00 - 14.00 Calisthenics <small>STEFANO ★</small>	14.30 - 15.20 Step Tonic <small>LUISA P ●</small>	12.50 - 13.40 Hatha Yoga Base <small>ANGELO</small>	18.00 - 18.50 Hatha Yoga <small>FRANCESCA D</small>	10.30 - 11.15 Fit Cycling <small>FRANCO</small>
14.30 - 15.20 Step Tonic <small>LUISA P ●</small>	17.40 - 18.30 Hatha Yoga <small>FRANCESCA D</small>	14.30 - 15.30 Calisthenics <small>STEFANO ★</small>	12.50 - 13.40 Hatha Yoga Base <small>ANGELO</small>	18.10 - 19.00 Cardio Tonic <small>PAOLO ●●</small>	
14.30 - 15.30 Calisthenics <small>STEFANO ★</small>	18.00 - 18.50 M-BootCamp <small>FLAVIO</small>	17.30 - 18.20 Zumba <small>CLAUDIA T ●●●</small>	17.40 - 18.30 Total Body Conditioning <small>BEATRICE ●●</small>	19.00 - 19.55 M-BootCamp <small>FLAVIO</small>	
17.30 - 18.20 Step & Pump <small>ORAZIO ●●</small>	18.40 - 19.30 Body Pump <small>ORAZIO ●</small>	18.00 - 18.15 Core Training <small>SARA</small>	19.00 - 19.50 Flexilates <small>VALENTINA</small>		DOMENICA
18.00 - 18.15 Core Training <small>TOMMASO</small>	19.00 - 19.50 Functional Pilates <small>BEATRICE</small>	18.15 - 19.00 Back Prevention <small>SARA</small>	19.15 - 20.30 Trail Training <small>FLAVIO #</small>	INDOOR BIKE	CORSI FITNESS
18.15 - 19.00 Back Prevention <small>TOMMASO</small>	19.40 - 20.10 ABS Workout <small>PAOLO ●</small>	18.30 - 19.20 Functional Workout <small>ANDREA</small>	20.00 - 21.00 Kick Boxing <small>FAUSTO/CAMILLA</small>	9.15 - 10.00 Group Cycling <small>LUISA P</small>	9.30 - 10.20 Body Mind Class <small>ROTAZIONE</small>
18.30 - 19.20 Pilates Barre <small>FRANCESCA R ★</small>	19.15 - 20.15 Running Training <small>NIK #</small>	19.30 - 20.15 Fit Boxing <small>ANDREA</small>		13.00 - 13.45 Bike Training <small>NICOLA</small>	10.30 - 11.20 Free Class <small>ROTAZIONE ●●</small>
18.30 - 19.20 Functional Step <small>ANDREA ●●</small>	20.15 - 21.15 Kick Boxing <small>FAUSTO/CAMILLA</small>		INDOOR BIKE	18.45 - 19.30 Bike Training <small>NICOLA</small>	
19.30 - 20.20 Power Yoga <small>FRANCESCA D</small>		INDOOR BIKE	13.00 - 13.45 Bike Training <small>NICOLA</small>		INDOOR BIKE
19.30 - 20.30 Calcetto <small>ALBERTO</small>	INDOOR BIKE	13.00 - 13.45 Group Cycling <small>LUISA P</small>	18.00 - 18.45 Fit Cycling <small>FRANCO</small>	ACQUA	10.30 - 11.15 Fit Cycling <small>ROTAZIONE</small>
19.30 - 20.15 GAG <small>ANDREA</small>	7.30 - 8.15 Bike Training <small>NICOLA</small>	18.30 - 19.15 Group Cycling <small>ALESSANDRO</small>	19.00 - 19.45 Bike Training <small>NICOLA</small>	10.00 - 10.40 Acqua Functional <small>CLAUDIA M</small>	
	10.30 - 11.15 Soft Bike <small>LUISA P</small>				
INDOOR BIKE	13.00 - 13.45 Bike Training <small>NICOLA</small>	ACQUA	ACQUA		
9.15 - 10.00 Group Cycling <small>LUISA</small>	19.00 - 19.45 Bike Training <small>NICOLA</small>	10.00 - 10.40 Acqua Gag <small>CLAUDIA M</small>	9.30 - 10.10 Acqua Hiit <small>PAOLO</small>		
18.30 - 19.15 Fit Cycling <small>ROBERTO</small>			10.15 - 10.55 Acqua Functional <small>PAOLO</small>		
19.30 - 20.15 Bike Training <small>NICOLA</small>	ACQUA		18.40 - 19.20 Acqua Gag <small>MATTEO</small>		
	9.30 - 10.10 Acqua Functional <small>PAOLO</small>		19.30 - 20.30 Swim Training <small>LUCA ★</small>		
	10.15 - 10.55 Acqua Hiit <small>PAOLO</small>				
	18.40 - 19.20 Acqua Hiit <small>PAOLO</small>				
	19.30 - 20.30 Swim Training <small>LUCA ★</small>				

Ognuno deve regolarsi rispetto al proprio stato di forma e di preparazione fisica. Consultare i tecnici per un corretto allenamento.

Gli orari e i corsi indicati possono subire variazioni previa esposizione dei cambiamenti in reception.

★ LEZIONE NON COMPRESA NELL'ABBONAMENTO FITNESS. INFO E PRENOTAZIONI IN RECEPTION. # ALLENAMENTI RISERVATI AI TESSERATI DELLE SQUADRE RUNNING E TRAIL

STUDIO BLU STUDIO VERDE STUDIO GIALLO OUTDOOR STUDIO GRIGIO ABB. SPECIALE

GRADO DI IMPEGNO COREOGRAFICO: ● BASSO ●● MEDIO ●●● ALTO

