

NEWMILLENNIUM –Via Darsena 86 – Ferrara Tel. 0532769754
 Orari di apertura: Lun-Ven 9.30\21.30 Sab. 10.00\17.00 Dom. 10.00\13.00
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Facebook: NewMillennium Ferrara Instagram: palestranewmillenniumferrara

Orario		Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
07:00	1	<u>Early Morning activity</u>	<u>Early Morning activity</u>	<u>Early Morning activity</u>	<u>Early Morning activity</u>	<u>Early Morning activity</u>		
10.00	2						KRAV MAGA	
10.30	1		Ginnastica Dolce		Ginnastica Dolce			
11:00	1						ATHLETIC BOXE	
	2						KRAV MAGA	
	3						YOGAFIT	
12:00	1						POWER BOUND BS	
	2						STRONG	
	3							
13:00	1	FUNCTIONAL TRAINING	13.15 POWER BOUND	FUNCTIONAL TRAINING	13.15 POWER PUMP	FUNCTIONAL TRAINING		
	2		BOOTCAMP (OUTDOOR)		BOOTCAMP (OUTDOOR)	13.15 POWER BOUND	ZUMBA	
	3			STRONG				
15.00						15.30 POLE DANCE		
16.00								
17:00	1							
	2							
	3			HIP HOP BAMBINI	POLE KIDS	HIP HOP BAMBINI		
18.00	1	PILATES	POWER BOUND	PILOGA	POWER BOUND	PILATES		
	2	18.30 BOOTCAMP (OUTDOOR)	ZUMBA	CALISTHENICS	ZUMBA	CALISTHENICS		
	3		TWERK liv. base	POUND FIT	TWERK liv. base	GAG		
19:00	1	GAG	FUNCTIONAL TRAINING	GAG	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		
	2	FIT BOXE	TOTAL BODY WORKOUT	POWER PUMP	TOTAL BODY WORKOUT	FIT BOXE		
	3	YOGAFIT	TWERK liv. Int.		TWERK liv. Int.	POWER PUMP		
20:00	1	POWER BOUND	ATHLETIC BOXE	POWER BOUND	ATHLETIC BOXE	POWER BOUND		
	2	POUND FIT	Salsa Portoricana int	HINDI FIT	Salsa Portoricana pr			
	3	HIP HOP						
21.00	1	Bachata romantica pr	Salsa Cubana pr	Bachata Sensual pr	Salsa Cubana int		15.00 Salsa Cubana pr	
	2	Kizomba pr	Rueda pr	Danza Orientale	Boogie Woogie pr			
	3	Country line dance pr			Salsa Cubana Pr\Int			
22.00	1	Bachata romantica int	22.30 Rueda int	Bachata Sensual int	22.30 Salsa Cubana av		16.30 Salsa Cubana int	
	2	Kizomba int			Boogie Woogie int			
	3	Country line dance int						

Le seguenti lezioni vanno prenotate in reception (oppure telefonicamente al 3394328948 tramite chiamata, sms o whatsapp) o tramite Messenger dalla pagina NewMillennium Ferrara):
 POWER BOUND, TOTAL BODY, BODY WORKOUT PAUSA PRANZO, POUND FIT, HINDI FIT, STRONG