

# NEWMILLENNIUM fitness center

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## PRENOTAZIONE OBBLIGATORIA PER TUTTE LE LEZIONI

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
10.00		10.30 Pilates per la terza età		10.30 Pilates per la terza età		KRAVA MAGA
11:00						ATHLETIC BOXE
						STRONG
						YOGAFIT
						KRAV MAGA
12:00						POWER BOUND BBS
						CALISTHENICS
						STRONG
13:00	FUNCTIONAL TRAINING	13.15 POWER PUMP	FUNCTIONAL TRAINING	13.15 POWER BOUND BBS	FUNCTIONAL TRAINING	15.00 CUBANA PR
	13.15 POWER BOUND	BOOTCAMP OUTDOOR	13.15 PILATES	BOOTCAMP OUTDOOR	13.15 PENALTY BOX	16.00 CUB INT
17:00	STRONG		STRONG	TWERK BASE		17.00 CUBANA AV
18.00	PILATES PROPS	POWER BOUND BS	YOGAFIT	POWER BOUND	PILATES	
	POUND FIT	TWERK BASE	GRAVITYO STRETCH	TWERK ADV	GRAVITYO STRETCH	
	BOOTCAMP OUTDOOR	ZUMBA	BOOTCAMP OUTDOOR	ZUMBA		
19:00	POWER PUMP	FUNCTIONAL TRAINING	POWER PUMP	FUNCTIONAL TRAINING	POWER PUMP	
		GAG	CALISTHENICS	GAG	CALISTHENICS	
	TOTAL BODY W	TWERK ADV	TOTAL BODY W	FEMALE GROOVE		
	FIT BOXE		FIT BOXE		FIT BOXE	
20:00	POWER BOUND	ATHLETIC BOXE	POWER BOUND	ATHLETIC BOXE	POWER BOUND	
			DANZA ORIENTALE		URBAN COMMERCIAL	
	KIZ LADY STYLE	DANCEHALL ADV	POLE DANCE	DANCEHALL ADV		
	CALISTHENICS	PORTORICO PR	BACHATA	PORTORICO INT		
21.00	KIZOMBA PR	CUBANA PR	SENSUAL 1	CUBANA INT	HEELS	
	COUNTRY PR		BOOGIE PR	REGGAETON		
			POLE DANCE			
22.00	KIZOMBA INT		SENSUAL 2	CUBANA AV		
	COUNTRY INT		BOOGIE INT			



CORSI OUTDOOR



CORSI BALLOE DANZA