

# NEWMILLENNIUM fitness center

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[www.palestranewmillennium.com](http://www.palestranewmillennium.com)

PRENOTAZIONE OBBLIGATORIA PER TUTTE LE LEZIONI

Orario		Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
10.00			10.30 Pilates		10.30 Pilates		KRAVA MAGA
11:00	1						ATHLETIC BOXE
	2						STRONG
	3						YOGAFIT
	4						KRAV MAGA
12:00	1						POWER BOUND BBS
	2						CALISTHENICS
	3						ZUMBA
13:00	1	FUNCTIONAL TRAINING	13.15 POWER PUMP	FUNCTIONAL TRAINING	13.15 POWER BOUND BBS	FUNCTIONAL TRAINING	15.00 CUBANA PR
	2	13.15 POWER BOUND	BOOTCAMP OUTDOOR	13.15 PILATES	BOOTCAMP OUTDOOR	13.15 BOX HIIT	16.00 CUBANA INT 1
15.00	1	TAIJIQUAN			TAIJIQUAN		17.00 CUBANA INT 2
16:00	1	TAIJIQUAN			TAIJIQUAN		
17:00	1		16.50 EASY PILATES		16.50 EASY PILATES		
18.00	1	PILATES PROPS	POWER BOUND BBS	YOGAFIT	POWER BOUND	PILATES	
	2	STRONG	ZUMBA	STRONG	ZUMBA		
	4						
	3		TWERK BASE		TWERK ADV		
19:00	1	POWER PUMP	FUNCTIONAL TRAINING	POWER PUMP	FUNCTIONAL TRAINING	POWER PUMP	
	2	TOTAL BODY WORKOUT		TOTAL BODY WORKOUT		CALISTHENICS	
	4	FIT BOXE	GAG	FIT BOXE	GAG	FIT BOXE	
	3		TWERK ADV	CALISTHENICS	FEMALE GROOVE		
20:00	1	POWER BOUND	ATHLETIC BOXE	POWER BOUND	ATHLETIC BOXE	POWER BOUND	
	2	CALISTHENICS		BACHATA		TAIJIQUAN	
	4	TAIJIQUAN	GESTUALITA' STILE CUBANO, Afro, Rumba	DANZA ORIENTALE	PORTORICO PR		
	3	POLE DANCE	DANCEHALL	POLE DANCE	DANCEHALL	URBAN COMMERCIAL	
21.00	1	TAIJIQUAN	CUBANA PR	SENSUAL 1	CUBANA INT 1	TAIJIQUAN	
	2	URBAN KIZOMBA		ORIENTAL FUSION	REGGAETON		
	4	COUNTRY PR		BOOGIE PR			
	3	POLE DANCE		POLE DANCE		HEELS	
22.00	1	TAIJIQUAN	RUEDA DE CASINO	SENSUAL 2	CUBANA INT 2	TAIJIQUAN	
	2	KIZOMBA LADY STYLE		BOOGIE INT			
	4	COUNTRY INT					
	3						



CORSI OUTDOOR



CORSI BALLO DANZA