FALCO SPORT Village

CORSI FITNESS

GINNASTICA PER TUTTI COD. 115

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8	LesMills VIRTUAL RPM 45MIN		LesMills VIRTUAL THE TRIP 45MIN		LesMills VIRTUAL RPM 45MIN	
9		LesMills VIRTUAL sprint 30MIN		LesMills VIRTUAL sprint 30MIN		LesMills VIRTUAL THE TRIP 45MIN
10	LesMills BODYBALANCE	FLEX & TONE	TRX FUSION	FLEX & CORE	POWER STRENGTH	LesMills VIRTUAL sprint 30MIN
11						LesMills VIRTUAL RPM 45MIN
13 45	LesMills BODYATTACK	LesMills BODYPUMP	FUNCTIONAL TR.	LesMills BODYBALANCE	FUNCTIONAL TR.	
14		RPM 45MIN		RPM 45MIN		GROUP CYCLING
16		LesMills VIRTUAL RPM 45MIN		THE TRIP 45MIN		
17		LesMills VIRTUAL THE TRIP 45MIN		LesMills VIRTUAL RPM 45MIN		
18	LesMills BODYBALANCE				INTENSIVE GAG	
19	TRX FUSION GROUP CYCLING	JUMP	LesMills BODYBALANCE GROUP CYCLING	KETTLEBELL	POWER STRENGTH GROUP CYCLING	
20	LesMills BODYPUMP GROUP CYCLING	FLEX & TONE	LesMills BODYATTACK GROUP CYCLING	FUNCTIONAL TR.	LesMills BODYATTACK GROUP CYCLING	
21	POWER GAG		LesMills BODYPUMP			

ANNO SPORTIVO 2026/2027

PLANNING ATTIVO DAL 12 OTTOBRE 2026

PRENOTA I CORSI CON L'APP "WELLTEAM"

SINTESI SOCIETÀ SPORTIVA DILETTANTISTICA arl - info@sintesissdarl.it - tel. 081 8277909