

# 3 giorni di innovazione



## SABATO 16 NOV

## DOMENICA 17 NOV

## LUNEDÌ 18 NOV

9.00 LesMills  
**BODYBALANCE VIRTUAL**

9.40 LesMills  
**CXWORX VIRTUAL**

10.20 LesMills  
**BODYCOMBAT VIRTUAL**

11.00 LesMills  
**BODYPUMP VIRTUAL**

12.00 LesMills  
**SH'BAM VIRTUAL**

9.00 LesMills  
**CXWORX VIRTUAL**

9.40 LesMills  
**SH'BAM VIRTUAL**

10.20 LesMills  
**BODYPUMP VIRTUAL**

11.00 LesMills  
**BODYBALANCE VIRTUAL**

12.00 LesMills  
**BODYCOMBAT VIRTUAL**

7.00 LesMills  
**CXWORX VIRTUAL**

9.15 LesMills  
**BODYPUMP VIRTUAL**

10.00 LesMills  
**SH'BAM VIRTUAL**

12.15 LesMills  
**CXWORX VIRTUAL**

12.55 LesMills  
**BODYPUMP VIRTUAL**

13.30 LesMills  
**BODYBALANCE VIRTUAL**

18.00 LesMills  
**CXWORX VIRTUAL**

18.40 LesMills  
**BODYCOMBAT VIRTUAL**

19.20 LesMills  
**BODYPUMP VIRTUAL**

20.00 LesMills  
**BODYBALANCE VIRTUAL**

20.40 LesMills  
**SH'BAM VIRTUAL**

