

NEWMILLENNIUM –Via Darsena 86 – Ferrara Tel. 0532769754 - 3394328948

Orari di apertura: Lun-Ven 9.30\21.30 Sab. 10.00\17.00 Dom. 10.00\13.00

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Orario	sala	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
07.00								
	3							
10.00	2							
10.30	1		Ginnastica Dolce		Ginnastica Dolce			
11:00	1						ATHLETIC BOXE	
	2							
	3						YOGAFIT	
12:00	1						POWER BOUND BS	
	2						STRONG	
	3							
13:00	1	FUNCTIONAL TRAINING	13.15 POWER BOUND BS	FUNCTIONAL TRAINING	13.15 POWER PUMP	FUNCTIONAL TRAINING	ZUMBA	
	2	PILATES PROPS		STRONG		13.15 POWER BOUND		
	3			YOGA FLOW STRETCHING				
	OUT DOOR		BOOTCAMP		BOOTCAMP			
17:00	3		TWERK BASE	HIP HOP BAMBINI	TWERK BASE	HIP HOP BAMBINI		
18.00	1	PILATES	POWER BOUND BS	PILOGA	POWER BOUND	PILATES		
	2		ZUMBA		ZUMBA			
	3	POUND FIT						
	OUT DOOR	BOOTCAMP		BOOTCAMP				
19:00	1	GAG	FUNCTIONAL TRAINING	GAG	FUNCTIONAL TRAINING	POWER PUMP		
	2	FIT BOXE	TOTAL BODY WORKOUT	POWER PUMP	TOTAL BODY WORKOUT	FIT BOXE		
	3	YOGAFIT	TWERK ADV	FIT BOXE	TWERK ADV	FUNCTIONAL TRAINING		
20:00	1	POWER BOUND	ATHLETIC BOXE	POWER BOUND	ATHLETIC BOXE	POWER BOUND		
	2							
	3		DANCEHALL BASE	POLE DANCE	DANCEHALL ADVANCED	HIP HOP ADULTI		
21.00				POLE DANCE	REGGAETON	HEELS		

TUTTE LE LEZIONI VANNO NECESSARIAMENTE PRENOTATE in reception (oppure telefonicamente al **3394328948** tramite chiamata, sms o whatsapp o tramite Messenger dalla pagina NewMillennium Ferrara):