

ORARIO LUME MACERATA 23/24

| | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|-------|--------------------|----------------------|----------------------|---------------------|--------------------|-------------------|
| 07:00 | | Yoga Postural | | Yoga Vinyasa | | |
| 08:15 | Yoga Vinyasa | | Pilates Intermedio | | Yoga Hatha | |
| 09:15 | Les Mills B.Pump | Corpo Libero | IntensitYOU Power | Corpo Libero | Les Mills Core | |
| 10:00 | | Pilates Base | | Pilates Intermedio | | |
| 10:30 | Yoga Hatha | | | | Mobility | Les Mills B.Pump |
| 11:30 | | | | | | IntensitYOU Power |
| 13:15 | | Calisthenics | | Calisthenics | | |
| 13:30 | Spartan System | Yoga Vinyasa | Les Mills B.Attack | Yoga Postural | Les Mills B.Pump | |
| 13:30 | Les Mills RPM | Mobility | Walk & Tone | Pilates Avanzato | Walk & Tone | |
| 13:30 | IntensitYOU Power | | Pilates Base | Les Mills RPM | Pilates Barre | |
| 13:30 | | | Flying Body Training | | | |
| 13:45 | | Les Mills Core | | | | |
| 14:30 | Les Mills B.Pump | | Les Mills Core | | Les Mills B.Attack | |
| 16:30 | | | | | Walking | |
| 18:00 | Yoga Hatha | Spartan System | Pilates Intermedio | Pilates Barre | Pilates Base | |
| 18:15 | Les Mills B.Pump | IntensitYOU Stamina | IntensitYOU Power | Boxing Hero | Les Mills B.Attack | |
| 18:30 | Corpo Libero | Les Mills B.Attack | LesMills B.Combat | LesMills Core | Corpo Libero | |
| 18:45 | | Les Mills RPM | | | | |
| 19:00 | Pilates Base | Yoga Postural | TRX Pilates | Yoga Vinyasa | Yoga in Volo | |
| 19:15 | Calisthenics | Boxing Hero | Calisthenics | Les Mills B.Pump | Calisthenics | |
| 19:15 | | | IntensitYOU Stamina | | IntensitYOU Power | |
| 19:30 | Les Mills B.Combat | Les Mills Core | Corpo Libero | Spartan System | Corpo Libero | |
| 19:30 | IntensitYOU Power | | | | | |
| 20:00 | Pilates Intermedio | Flying Body Training | Pilates Base | Yoga Hatha | Mobility | |
| 20:15 | | | Les Mills B.Pump | IntensitYOU Stamina | Les Mills Core | |
| 20:30 | Corpo Libero | Walking | Corpo Libero | LesMills RPM | | |
| 20:30 | Boxing Hero | | | | | |

