L'evento Fitness e Body Wellness

dal 29 Aprile al 1° Maggio FIERA BERGAMO

PROGRAMMA

PALCO LesMills

29 APRILE

11.00 11.45	LesMills BODYCOMBAT
12.00 12.30	LesMills GRIT™ CARDIO
11.00 11.45	LesMills BODYATTACK
14.00 14.30	LesMills CXWORX
15.00 15.45	LesMills BODYPUMP
16.00 16.45	LesMills BODYSTEP
17.00 17.45	LesMills BODYVIVE ACTIVE
18.00 18.45	LesMills BODYJAM

30 APRILE

10.00 10.45	LesMills SH'BAM
11.00 11.30	LesMills CXWORX
12.00 12.45	LesMills BODYPUMP
13.00 13.30	LesMills GRIT™ CARDIO
14.00 14.45	LesMills BODYCOBAT
15.00 15.45	LesMills BODYVIVE ACTIVE
16.00 16.45	LesMills BODYJAM
17.00 17.45	LesMills BODYSTEP
18.00 18.45	LesMills BODYATTACK

1 MAGGIO

10.00 10.45	LesMills BODYPUMP
11.00 11.45	LesMills BODYSTEP
12.00 12.45	LesMills SH'BAM
13.00 13.45	LesMills BODYCOMBAT
14.00 14.30	LesMills GRIT™ CARDIO
15.00 15.45	LesMills BODYVIVE ACTIVE
16.00 16.45	LesMills BODYATTACK
17.00 17.45	LesMills BODYJAM