

# VERTICAL ACADEMY

WE\_BEAT

VICENZA

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

SALA 1

SALA 2

SALA 1

SALA 2

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|  |  | 7:00 <sup>NEW</sup><br>RISVEGLIO<br>TOTAL BODY<br>Roberto |   |  | 7:00 <sup>NEW</sup><br>RISVEGLIO<br>TOTAL BODY<br>Roberto |  |   |  |  |   |  |
| 9:00<br>PILATES<br>BASE<br>Elisabetta                            |  | 9:00<br>POWER<br>PILATES<br>Elisabetta                    |   | 9:00<br>CIRCUIT<br>GAG<br>Suaien                                 |   | 9:00<br>PILOGA<br>Elisabetta                       |   | 9:00<br>PILATES<br>BASE<br>Elisabetta                |  |   |  |
|  |  | 10:30 <sup>NEW</sup><br>BARE<br>PILATES<br>Roberto        |   | 10:00<br>MOBILITY<br>Elena                                       |   | 10:30 <sup>NEW</sup><br>BARE<br>PILATES<br>Roberto |   |  |  | 10:00 - 12.00 *<br><br>SPECIAL<br>MASTER<br>CLASS<br><br>Roberto/Davida |  |
|  | 12:15<br>FUNCTIONAL<br>TRAINING<br>Laura |   |   | 12:15<br>FUNCTIONAL<br>TRAINING<br>Laura                         |   | 12:45<br>MINI GRUPPO<br>PILATES<br>Elisabetta      |   | 12:15<br>FUNCTIONAL<br>TRAINING<br>Laura             |  |   |  |
| 13:00 <sup>NEW</sup><br>BODY ROCK KETT<br>(sala pole)<br>Roberto | 13:00<br>FUNCTIONAL<br>TRAINING<br>Laura |   | 13:00 <sup>NEW</sup><br>PILATES<br>(sala pole)<br>Roberto | 13:00 <sup>NEW</sup><br>BODY ROCK KETT<br>(sala pole)<br>Roberto | 13:00<br>FUNCTIONAL<br>TRAINING<br>Laura                  |  | 13:00 <sup>NEW</sup><br>PILATES<br>(sala pole)<br>Roberto | 13:00 <sup>NEW</sup><br>BODY ROCK<br>KETT<br>Roberto | 13:00<br>FUNCTIONAL<br>TRAINING<br>Laura | 14:00 *<br>SPECIAL<br>MASTER CLASS<br>Roberto/Davida                    |  |
| 18:00<br>CIRCUIT<br>JUMP<br>Irene                                |  | 18:30<br>PILATES<br>Roberto                               | 18:00<br>CALISTHENICS<br>Michele                          | 18:00 <sup>NEW</sup><br>CIRCUIT<br>JUMP<br>Irene                 |   | 18:30<br>PILATES<br>Roberto                        | 18:00<br>CALISTHENICS<br>Michele                          | 18:00<br>ESSENTIAL<br>YOGA<br>Carlotta               |  |   |  |
| 19:00<br>POWER<br>STEP<br>Irene                                  |  | 19:30<br>FUNCTIONAL<br>CORPO LIBERO<br>Roberto            | 19:00<br>CALISTHENICS<br>Michele                          | 19:00<br>FIT<br>BOXE<br>Davida                                   |   | 19:30<br>FUNCTIONAL<br>CORPO LIBERO<br>Roberto     | 19:00<br>CALISTHENICS<br>Michele                          | 19:00 <sup>NEW</sup><br>PILATES<br>Roberto           |  |   |  |
| 20:00<br>POWER<br>YOGA<br>Martina                                |  | 20:30<br>SALSA  | 20:00 <sup>NEW</sup><br>VERTICALISMO<br>Michele           | 20:00<br>POWER<br>YOGA<br>Martina                                |   |  |   |  |  |   |  |
| 21:00<br>SALSA   |  | 21:30<br>SALSA  |   |  |   |  |   |  |  |   |  |