

NEWMILLENNIUM –Via Darsena 86 – Ferrara Tel. 0532769754
 Orari di apertura: Lun-Ven 9.30\21.30 Sab. 10.00\17.00 Dom. 10.00\13.00
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Facebook: NewMillennium Ferrara Instagram: palestranewmillenniumferrara

Orario	sala	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
07:00	1	<u>Early Morning activity</u>	<u>Early Morning activity</u>	<u>Early Morning activity</u>	<u>Early Morning activity</u>	<u>Early Morning activity</u>		
10.00	2						KRAV MAGA	
10.30	1		Ginnastica Dolce		Ginnastica Dolce			
11:00	1						ATHLETIC BOXE	
	2						KRAV MAGA	
	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			STRONG		13.15 POWER BOUND		
	3							
	OUT DOOR		BOOTCAMP		BOOTCAMP			
17:00	1							
	2							
	3			HIP HOP BAMBINI		HIP HOP BAMBINI		
18.00	1	PILATES	POWER BOUND BS	PILOGA	POWER BOUND	PILATES		
	2		ZUMBA	CALISTHENICS	ZUMBA	GAG		
	3		TWERK BASE		TWERK BASE			
	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	CALISTHENICS	TWERK ADV	FUNCTIONAL TRAINING		
20:00	1	POWER BOUND	ATHLETIC BOXE	POWER BOUND	ATHLETIC BOXE	POWER BOUND		
	2	AFRO BEATS	Salsa Portoricana int	HINDI FIT	Salsa Portoricana pr	PERCUSSIONI AFRICANE		
	3	POUND FIT	DANCEHALL BASE	POLE DANCE	DANCEHALL ADVANCED	20.30 HIP HOP ADULTI		
21.00	1	Bachata romantica pr	Salsa Cubana pr	Bachata Sensual pr	Salsa Cubana int	21.30 DANZE AFRICANE DUM DUM DANCE	15.00 Salsa Cubana pr	
	2	Kizomba pr	Bachata int (da sett a dic)	Danza Orientale	Boogie Woogie pr	21.15 Rueda int (venerdì alterni)		
	3	Country line dance pr	FEMALE GROOVE	21.15 Rueda pr	Salsa Cubana Pr\Int			
22.00	1	Kizomba int		Bachata Sensual int	22.30 Salsa Cubana av		16.30 Salsa Cubana int	
	2				Boogie Woogie int			
	3	Country line dance int						

Le seguenti lezioni vanno prenotate in reception (oppure telefonicamente al **3394328948** tramite chiamata, sms o whatsapp o tramite Messenger dalla pagina NewMillennium Ferrara: **POWER BOUND, POWER PUMP, YOGAFIT, PILATES, PILOGA, TOTAL BODY BODY WORKOUT, POUND FIT, HINDI FIT, STRONG.**