

Il mancato rispetto di quanto sopra indicato comporterà l'allontanamento dalla struttura.

STRONGER THAN YOUR EXCUSES

#bekind

SEGUICI SUI SOCIAL

FACEBOOK	INSTAGRAM	TIKTOK	YOUTUBE
Move Palestre	@movepalestre	@movepalestre	Move Palestre

RESTA SEMPRE AGGIORNATO!

ISCRIVITI AL NOSTRO CANALE WHATSAPP

Move Power Biella

CONTATTI E ORARI

Move Power
Via Candelo 31 - Biella
telefono e whatsapp 015 0990350
www.movepalestre.it - info@movefitness.it

ORARI	LUN	MAR	MER	GIO	VEN	SAB	DOM
Centro	**06:00 24:00**	**06:00 24:00**	**06:00 24:00**	**06:00 24:00**	**06:00 24:00**	**09:00 18:00**	**09:00 18:00**
Reception	07:00 20:30	07:00 20:30	07:00 20:30	07:00 20:30	07:00 20:30	09:00 18:00	-
Assistenti sala pesi	09:30 24:00	09:30 24:00	09:30 24:00	09:30 24:00	09:30 24:00	09:00 18:00	09:00 18:00

BIELLA
corsi fitness



DAL 14/09 LUN-VEN APERTI FINO ALLE 24!
ASSISTENZA SALA PESI INCLUSA

dal 31 Agosto 2026
A.S. 2026/2027

corsi fitness **LIVE**

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
06:30	06:30-07:15 LesMILLS BODYPUMP	-	-	-	06:30-07:15 PILATES
07:00					
7:30					
09:00	-	-	9:00-9:30 CX LesMILLS CORE	-	-
09:15					
09:30	09:30-10:15 PILATES	09:30-10:15 STEP	9:30-10:15 LesMILLS BODYPUMP	09:30-10:15 CIRCUIT TRAINING	09:30-10:15 Yoga
09:45					
10:00					
10:15	10:15-11:00 TOTAL BODY	10:15-11:00 ABS STRENGTH	-	-	-
10:30					
10:45					
12:45	12:45-13:30 FUNZIONALE	-	12:45-13:30 GAG	12:45-13:30 LesMILLS BODYPUMP	12:45-13:30 HYBRID TRAINING
13:00		13:00-13:45 PILATES			
13:30					
13:45	-		-	-	-
15:00	-	-	15:00-15:45 LesMILLS BODYPUMP	-	15:00-15:45 TOTAL BODY
15:15					
15:45					
16:30	-	16:30-17:15 Yoga	-	-	-
16:45					
17:00			17:00-17:45 MOBILITY		
17:15		17:15-18:00 DANCE UP			17:15-18:00 TOTAL BODY
17:30	17:30-18:15 PILATES			17:30-18:15 GAG	
17:45			17:45-18:30 CX CORE		
18:00		18:00-18:45 TOTAL BODY			18:00-18:45 CX CORE
18:15	18:15-19:15 LesMILLS BODYPUMP formato 45 min.		18:30-19:15 LesMILLS CARDIO	18:15-19:15 LesMILLS BODYPUMP form 45 min	
18:30					
18:45		18:45-19:30 PILATES			18:45-19:45 LesMILLS BODYPUMP form 45 min
19:00					
19:15	19:15-20:00 LesMILLS BODYATTACK		19:15-20:00 FUNZIONALE	19:15-20:00 Yoga	
19:30					
20:00		-			-

I palinsesti possono subire variazioni durante l'anno al fine di migliorare il servizio
Le lezioni vengono sempre svolte, anche con un solo partecipante.

corsi fitness **VIRTUAL**

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
08:00	08:00 ADDOME	08:00 PUMP	08:00 TOTAL BODY	08:00 PILATES	08:00 PUMP	-	-
08:30							
09:00	08:30 TOTAL BODY	09:00 PILATES	09:00 ADDOME	08:30 STEP	09:00 ADDOME		
09:30	09:30 YOGA	09:30 PUMP	09:30 ADDOME	09:30 TOTAL BODY	09:30 PILATES	09:30 STEP	09:30 ADDOME
09:45							
10:00	10:00 PILATES		10:00 PUMP				10:00 TOTAL BODY
10:15							
10:30	10:30 PUMP	10:30 ADDOME	-	10:30 PUMP	10:30 YOGA	10:30 PUMP	
10:45							
11:00		11:00 STEP	11:15 TOTAL BODY	11:30 ADDOME	11:00 STEP	11:30 ADDOME	11:00 PILATES
11:15							
11:30	-						
11:45	11:45 STEP			12:00 YOGA			
12:00		12:00 YOGA	12:15 YOGA		12:00 TOTAL BODY	12:00 STEP	12:00 ADDOME
12:15				-			
12:30		-					12:30 YOGA
12:45	12:45 ADDOME	12:45 PILATES	12:45 ADDOME	12:45 PILATES	-		
13:00						13:00 TOTAL BODY	13:00 STEP
13:15	13:15 PUMP		13:15 PUMP		13:15 PUMP		
13:30				13:45 ADDOME			
13:45		13:45 TOTAL BODY					
14:00						14:00 PILATES	14:00 PUMP
14:15	14:15 YOGA		14:15 ADDOME	14:15 STEP	14:15 ADDOME		
14:30							
14:45	14:45 PILATES	14:45 ADDOME	14:45 TOTAL BODY		14:45 PILATES	15:00 ADDOME	15:00 PILATES
15:00							
15:15		15:15 YOGA		15:15 PUMP		15:30 PILATES	15:30 ADDOME
15:30							
15:45	15:45 ADDOME	15:45 PILATES	15:45 ADDOME		15:45 STEP	16:00 YOGA	
16:00							16:00 TOTAL BODY
16:15	16:15 TOTAL BODY		16:15	16:15 ADDOME			
16:30		16:45 TOTAL BODY			16:45 ADDOME	16:30 PUMP	
16:45				16:45 TOTAL BODY			
17:00							17:00 YOGA
17:15	17:15 PILATES		17:15 PILATES		17:15 TOTAL BODY	-	-
17:30		-		17:45 PILATES			
17:45	17:45 STEP						
18:00		18:00 PUMP		18:15 YOGA			
18:15			18:15 TOTAL BODY		18:15 PILATES		
18:30				18:45 STEP			
18:45	18:45 PILATES						
19:00		19:00 STEP					
19:15			19:15 PUMP		19:15 PUMP		
19:30				19:45 TOTAL BODY			
19:45							
20:00	19:45 PUMP						
20:15		20:00 TOTAL BODY	20:15 ADDOME		20:15 ADDOME		
20:30							
20:45				20:45 ADDOME			
21:00	20:45 TOTAL BODY	21:00 YOGA	20:45 PUMP		20:45 STEP		
21:15				21:15 YOGA			
21:30		-					
21:45	21:45 ADDOME	21:45 PUMP	21:45 STEP	21:45 TOTAL BODY	21:45 ADDOME		
22:00							
22:15					22:15 PILATES		
22:30	22:15 PUMP	22:45 ADDOME		22:45 ADDOME			
22:45			22:45 TOTAL BODY		22:45 PUMP		
23:15	23:15 YOGA	23:15 PILATES		23:15 YOGA			
23:45							

GROUP CYCLING

1 lezione ogni ora!

LUN-VEN 7:30
LUN-VEN 8:30
LUN-DOM 09:30
LUN-DOM 10:30
LUN-DOM 11:30
LUN-DOM 12:30
LUN-DOM 13:30
LUN-DOM 14:30
LUN-DOM 15:30
LUN-DOM 16:30
LUN-VEN 17:30
LUN-VEN 18:30
LUN-VEN 19:30
LUN-VEN 20:30
LUN-VEN 21:30
LUN-VEN 22:30