

LUNEDI			MARTEDI			MERCOLEDI			GIOVEDI			VENERDI			SABATO			
SALA FUOCO	SALA ARIA	BOX CROSSFIT	SALA FUOCO	SALA ARIA	BOX CROSSFIT	SALA FUOCO	SALA ARIA	BOX CROSSFIT	SALA FUOCO	SALA ARIA	BOX CROSSFIT	SALA FUOCO	SALA ARIA	BOX CROSSFIT	SALA FUOCO	SALA ARIA	BOX CROSSFIT	
10.00-10.45 PILATES		10.00-11.00 WOD 11.00-12.00 SKILL			10.00-11.00 SKILL 11.00-12.00 WOD			10.00-11.00 WOD 11.00-12.00 SKILL	09.30-10.15 CORE e LEGS TRAINING 10.15-11.00 FLEXABILITY		11.00-12.00 WOD			10.00-11.00 SKILL 11.00-12.00 WOD			10.00-11.00 BASIC 11.00-12.00 INTERMEDIATE	
	12.45-13.30 WALKING PROGRAM	12.15-13.15 WOD			12.15-13.15 WOD 13.15-14.15 WOD		12.45-13.30 INDOOR CYCLING	12.15-13.15 WOD	12.45-13.30 CRAB BEAT		12.15-13.15 WOD 13.15-14.15 WOD			12.15-13.15 WOD 13.15-14.15 WOD				
18.15-18.30 CORE 18.30-19.15 TBW 19.15-20.00 FLEXABILITY		17.30-18.30 WOD 18.30-19.30 WOD 19.30-20.30 WOD 19.30-20.30 INDOOR CYCLING 20.30-21.30 WOD	18.15-19.00 WALKING PROGRAM 19.00-19.45 CRAB BEAT 19.45-20.30 PILATES 20.30-22.00 TFS		17.30-18.30 WOD 18.30-19.30 WOD 19.30-20.30 SKILL 20.30-21.30 WOD	18.00-18.45 FUNCTIONAL FLYING 18.45-19.30 GFM 19.30-20.15 STEP		17.30-18.30 WOD 18.30-19.30 SKILL 19.30-20.30 WOD 20.30-21.30 WOD	19.15-20.00 PILATES 20.00-20.45 WALKING PROGRAM		17.30-18.30 WOD 18.30-19.30 WOD 19.30-20.30 SKILL 20.30-21.30 WOD		18.15-19.00 FUNCTIONAL TRAINING 19.00-19.45 WALKING PROGRAM 19.45-20.30 PILATES 20.30-22.00 TFS		17.30-18.30 WOD 18.30-19.30 SKILL 19.30-20.30 WOD 20.30-21.30 WOD			DA PRENOTARE IN RECEPTION

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