



ORARI FITNESS



LUNEDI'	MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'
SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA FUNCTIONAL
09:00-10:00 TOTAL BODY		09:00-10:00 TOTAL BODY		09:00-10:00 TOTAL BODY		09:00-10:00 TOTAL BODY	09:00-10:00 TOTAL BODY
10:30 - 11:30 FUNCTIONAL TRAINING	10:30-11:30 GINNASTICA (METODO YOGA)			10:30 11:30 FUNCTIONAL TRAINING	10:30-11:30 GINNASTICA (METODO YOGA)		10:30-11:30 FUNCTIONAL TRAINING
17:00-18:00 TOTAL BODY		17:00-18:00 TOTAL BODY		17:00-18:00 TOTAL BODY		17:00-18:00 TOTAL BODY	17:00-18:00 TOTAL BODY
18:00-19:00 G.A.G.		18:00-19:00 MILITARY TRAINING		18:00-19:00 G.A.G.		18:00-19:00 MILITARY TRAINING	18:00-19:00 G.A.G.
19:00-20:00 FUNCTIONAL TRAINING ADVANCED	19:00-20:00 HEALTH TRAINING (METODO PILATES)	19:00-20:00 G.A.G.	19:00-20:00 JOINT MOBILITY E STRETCHING	19:00-20:00 FUNCTIONAL TRAINING ADVANCED	19:00-20:00 HEALTH TRAINING (METODO PILATES)	19:00-20:00 G.A.G.	19:00-20:00 FUNCTIONAL TRAINING ADVANCED
20:00-21:00 CALISTHENICS		20:00-21:00 FUNCTIONAL TRAINING BASIC		20:00 - 21:00 CALISTHENICS		20:00-21:00 FUNCTIONAL TRAINING BASIC	20:00 - 21:00 CALISTHENICS
21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE			21:00-22:00 SALSA	21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE			21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE