

LUNEDI'	MARTEDI'		MERCOLEDI'		GIOVEDI'		VENEDI'
SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA FUNCTIONAL
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
		18:00-18:45 CARDIO CIRCUIT TRAINING			18:00-18:45 CARDIO CIRCUIT TRAINING		
19:00 20:00 FUNCTIONAL TRAINING ADVANCED	19:00 20:00 HEALTH TRAINING (METODO PILATES)	19:00 19:45 G.A.G.	19:00 20:00 GINNASTICA METODO YOGA	19:00 20:00 FUNCTIONAL TRAINING ADVANCED	19:00 20:00 HEALTH TRAINING (METODO PILATES)	19:00 19:45 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 FUNCTIONAL TRAINING INTERMEDIATE			21:00 22:00 FUNCTIONAL TRAINING INTERMEDIATE