


































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 G.A.G. 		17:00-18:00 TOTAL BODY 		17:00-18:00 TOTAL BODY G.A.G. 	17:00-18:00 TOTAL BODY 
18:00-19:00 IPERTROFIA TRAINING 				18:00-19:00 IPERTROFIA TRAINING 			18:00-19:00 IPERTROFIA TRAINING 
19:00-20:00 FUNCTIONAL TRAINING ADVANCED 	19:00-20:00 HEALTH TRAINING (METODO PILATES) 	19:00 - 20:00 FUNCTIONAL FITNESS 	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 FUNCTIONAL FITNESS 	19:00-20:00 FUNCTIONAL TRAINING ADVANCED 
20:00-21:00 CALISTHENICS 				20:00 - 21:00 CALISTHENICS 			20:00 - 21:00 CALISTHENICS 
21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE 	21:00-22:00 SALSA PRINCIPIANTI 		21:00-22:00 SALSA INTERMEDIO 	21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE 			21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE 