



ASD FIT FOR FIGHT
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LUNEDI'		MARTEDI'		MERCOLEDI'			GIOVEDI'		VENERDI'	
SALA FIGHT	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FIGHT	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA FIGHT	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
	17:00-17:45 GAG		17:00-18:00 TOTAL BODY	17:00-18:00 TOTAL BODY				17:00-18:00 TOTAL BODY		17:00-17:45 GAG
		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 HEALTH TRAINING (METODO PILATES)	19:00 19:45 G.A.G.		
	19:30 20:30 FUNCTIONAL TRAINING ADVANCED					19:30 20:30 FUNCTIONAL TRAINING ADVANCED				19:30 20:30 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					20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE				20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE