

LUNEDÌ					MARTEDÌ					MERCOLEDÌ					GIOVEDÌ					VENERDÌ					SABATO														
SALA 1	SALA 2	SALA 3	SALA 4	SALA CROSS FIT	SALA 1	SALA 2	SALA 3	SALA 4	SALA CROSS FIT	SALA 1	SALA 2	SALA 3	SALA 4	SALA CROSS FIT	SALA 1	SALA 2	SALA 3	SALA 4	SALA CROSS FIT	SALA 1	SALA 2	SALA 3	SALA 4	SALA CROSS FIT	SALA 1	SALA 2	SALA 3	SALA 4	SALA CROSS FIT										
				07:15 - 08:15 CROSS FIT				07:15 - 08:15 CROSS BOXE						07:15 - 08:15 CROSS FIT				07:15 - 08:15 CROSS BOXE						07:15 - 08:15 CROSS FIT															
			08:30 - 09:30 FUNZIONALE LATINO	OPEN					OPEN					OPEN				08:30 - 09:30 FUNZIONALE LATINO						08:30 - 09:30 FUNZIONALE LATINO															
09:00 - 10:00 FUNCTIONAL TRAINING											09:00 - 10:00 FUNCTIONAL TRAINING					10:00 - 11:00 GAG						OPEN	09:00 - 10:00 FUNCTIONAL TRAINING					10:00 - 11:00 TRX	OPEN										
10:00 - 11:00 BODY SLIM TONIC																	10:30 - 11:30 PILATES				13:00 - 14:00 CROSS BOXE																		
13:00 - 13:50 GYM FUNCT. MUSIC				12:45 - 13:45 CROSS FIT						13:00 - 13:50 GYM FUNCT. MUSIC					12:45 - 13:45 CROSS FIT										13:00 - 13:50 GYM FUNCT. MUSIC					12:45 - 13:45 CROSS FIT									
					13:10 - 14:10 TRX																																		
				OPEN					OPEN					OPEN															OPEN										
16:15 - 17:15 HIP HOP NEW FLAVA										16:15 - 17:15 HIP HOP NEW FLAVA																													
	16:45 - 17:45 BABY BALLET																																						
		15:00 - 20:00 PATTINAGGIO ARTISTICO																																					
			17:00 - 18:30 PARKOUR																																				
				16:30 - 17:30 NINJA KIDS																																			
					16:50 - 17:50 HIP HOP SMASH JUNIOR																																		
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