

STAGIONE 2023/24

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8,00 - 9,00	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	PERSONAL WORKOUT
9,00 - 10,00	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT
10,00 - 11,00	PERSONAL WORKOUT		PERSONAL WORKOUT		PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS
11,00 - 11,45						MOBILITY CLASS
13,30 - 14,30	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS		FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	
14,30 - 15,30	PERSONAL WORKOUT	PERSONAL WORKOUT		PERSONAL WORKOUT	PERSONAL WORKOUT	
15,30 - 16,30		PERSONAL WORKOUT		PERSONAL WORKOUT		
16,30 - 17,30	PERSONAL WORKOUT		PERSONAL WORKOUT		PERSONAL WORKOUT	
17,30 - 18,30	PERSONAL WORKOUT	CALISTHENICS YOUNG (17,00 - 18,30)	PERSONAL WORKOUT	CALISTHENICS YOUNG (17,00 - 18,30)	PERSONAL WORKOUT	
18,30 - 19,30	FUNCTIONAL TRAINING CLASS	CALISTHENICS CLASS (18,30 - 20,00)	FUNCTIONAL TRAINING CLASS	CALISTHENICS CLASS (18,30 - 20,00)	FUNCTIONAL TRAINING CLASS	
19,30 - 20,30	FUNCTIONAL TRAINING CLASS		FUNCTIONAL TRAINING CLASS			
		PERSONAL WORKOUT (20,00 - 21,00)		PERSONAL WORKOUT (20,00 - 21,00)		