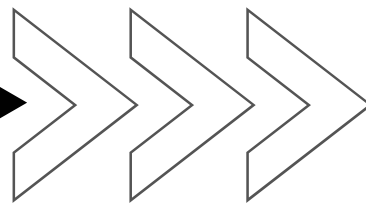


ORARI CORSI 2023/24



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
10:30 - 11:30	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)	11:00 - 12:00 KICK BOXING
12:45 - 13:30	TONE UP	SPARTAN TRAINING	TONE UP	SPARTAN TRAINING		
17:00 - 18:00	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)	
18:00 - 19:00	KICK BOXING	SPARTAN TRAINING	KICK BOXING	SPARTAN TRAINING	G.A.G.	
19:00 - 20:00	FUNCTIONAL TRAINING	TONE UP	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING	
20:00 - 21:00	SPARTAN TRAINING	MOBILITY & FLOW	SPARTAN TRAINING	STRONG CARDIO	TECHNIQUE SPARTAN TRAINING	

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