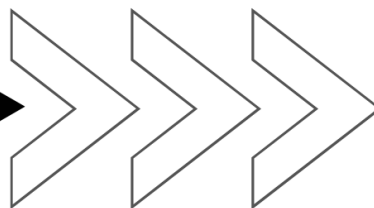


ORARI CORSI 2024/25



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	
10:30 - 11:30	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)	
12:45 - 13:30	TONE UP	OPEN SPARTAN TRAINING	TONE UP	OPEN SPARTAN TRAINING		
16:00 - 17:00	THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)		THE CIRCUIT (SALA PESI)	
18:00 - 19:00	PILATES	SPARTAN TRAINING	FIT BOXE	SPARTAN TRAINING	FIT BOXE	
19:00 - 20:00	FUNCTIONAL TRAINING	G.A.G.	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING	
20:00 - 21:00	SPARTAN TRAINING	TABATA	SPARTAN TRAINING	STRONG CARDIO	ALLENAMENTO HYROX	

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