

















# ORARI PROVVISORI CORSI 2020/2021

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
10:00-11:00	 <b>Class Rassoda &amp; Brucia</b>	<b>CLASS Strong &amp; Mass</b> 	 <b>Class Rassoda &amp; Brucia</b>	<b>CLASS Strong &amp; Mass</b> 	 <b>Class Rassoda &amp; Brucia</b>	
11:00-12:00		<b>BAR BELL TRAINING</b> 		<b>BAR BELL TRAINING</b> 		
12:00-13:00						<b>BAR BELL TRAINING</b> 
12:45 - 13:30	<b>TotalBody TRAINING</b>	<b>SPARTAN FUNCTIONAL TRAINING</b>	<b>TotalBody TRAINING</b>	<b>SPARTAN FUNCTIONAL TRAINING</b>	<b>TotalBody TRAINING</b>	
15:30 - 17:00						<i>KungFu Schwab</i> Junior
17:00-18:00	 <b>Class Rassoda &amp; Brucia</b>	<b>STREET BOXING</b> 	 <b>Class Rassoda &amp; Brucia</b>	<b>STREET BOXING</b> 	 <b>Class Rassoda &amp; Brucia</b>	
18:00-19:00	<b>CALISTHENICS</b> 	<b>SPARTAN FUNCTIONAL TRAINING</b>	<b>CALISTHENICS</b> 	<b>SPARTAN FUNCTIONAL TRAINING</b>	<b>CALISTHENICS</b> 	
19:00-20:00	<b>FUNCTIONAL Training</b>	<b>TotalBody TRAINING</b>	<b>FUNCTIONAL Training</b>	<b>G.a.g.</b>	<b>FUNCTIONAL Training</b>	
20:00-21:00	<b>SPARTAN FUNCTIONAL TRAINING</b>	<b>PILATES</b>	<b>SPARTAN FUNCTIONAL TRAINING</b>	<b>PILATES</b>	<b>SPARTAN FUNCTIONAL TRAINING</b>	
21:00-22:30	<i>KungFu Schwab</i>		<i>KungFu Schwab</i>		<i>KungFu Schwab</i>	
<b>Corsi su prenotazione:</b>	Class Rassoda&Brucia Class Strong&Mass					<b>IN GIALLO: CORSI FITNESS</b>