PLANNING CORSI

PLANNING

	Lun	Mar	Mer	Gio	Ven	Sab
6:15 - 7:05	CROSS TRAINING		CROSS TRAINING		HYROX	
10:00 - 11:30						THE HEROES
13:10 - 13:00	CROSS TRAINING		CROSS TRAINING		HYROX	
17:00 - 17:50	ATHX	STHENATHLON YOUNG	ATHX	STHENATHLON YOUNG	ATHX STREGTH	
18:00 - 18:50	CROSS TRAINING	HYROX	CROSS TRAINING	CROSS TRAINING	HYROX	
19:00 - 19:50	CROSS TRAINING	HYROX	CROSS TRAINING	WEIGHTLIFTING	HYROX	
19:00 - 19:50	HYROX		HYROX	*FUNCTIONAL AREA*		
20:00 - 20:40/20:50	H.I.I.T. ROW 40	WEIGHTLIFTING	WEIGHTLIFTING		WEIGHTLIFTING	

	Lun	Mar	Mer	Gio	Ven	Sab
12:00 - 12:50						INDOOR CYCLING
13:00 - 13:50			BODY FLYING			
18:00 - 18:50	BODY FLYING	BODY FLYING	BODY FLYING	BODY FLYING	PILATES BODY FLYING	
19:00 - 19:50	INDOOR CYCLING		MOBILITY			
19:15 - 20:05		INDOOR CYCLING		INDOOR CYCLING	INDOOR CYCLING	
20:00 - 20:50			VINYASA YOGA			

	Lun	Mar	Mer	Gio	Ven	Sab
10:00 - 10:50						GIOCO SPORT
11:15 - 12:05						CALISTHENICS
17:30 - 18:20	CALISTHENICS		CALISTHENICS			
18:15 - 18:45		TRX 30'		TRX 30'		
19:00 - 19:50	CALISTHENICS	PILATES FLOW	CALISTHENICS	CALISTHENICS	CALISTHENICS	
20:00 - 20:50		M. DEFENCE SYSTEM		M. DEFENCE SYSTEM		

	Lun	Mar	Mer	Gio	Ven	Sab
9:15 - 10:05	ANTALGICA		ANTALGICA			
9:30 - 10:20				PILATES		VINYASA YOGA
10:00 - 10:50					ALLENAMENTO FUNZIONALE	
10:30 - 11:20		ONEKOR NRG	TOTAL BODY	WALKING		
11:00 - 11:50	ANTALGICA				ANTALGICA	
13:15 - 14:05	WALKING	TABATA		FIT PILATES	WALKING	
17:00 - 17:50	GAG					
18:00 - 18:50	FIT-WALK	GAG	MOBILITY	ZUMBA	FUNCTIONAL HYROX	
19:00 - 19:50	INTERVAL TRAINING	ALLENAMENTO FUNZIONALE	FUNCTIONAL CROSS	BUNGEEFIT WALK	PILATES	
20:00 - 20:50	VINYASA YOGA		PILATES	RUN CIRCUIT		

