

SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00							
9.10 - 10.00	BACK SCHOOL		POSTURALE		SOFT TONE		
10.10 - 11.00	TONE UP	TOTAL BODY	TONE UP		MOVIDA		
11.10 - 12.00							
13.00 - 13.50	TOTAL BODY	PUMP		MOVIDA	FUNCTIONAL CONTROL	TOTAL BODY	
17.10 - 18.00		TOTAL BODY		ABDOSTRETCH			
18.10 - 19.00	MOVIDA		TOTAL BODY		CARDIO PUMP		
18.30 - 19.20				PUMP			
19.10 - 20.00	ROOTAPE		FIT BOXE		STEP		
19.30 - 20.20		FUNCTIONAL CONTROL					
20.10 - 21.00							

SALA FUNZIONALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7.10 - 8.00			FUNCTIONAL TRAINING			
10.10 - 11.00				SENIOR STAB		
13.00 - 13.50	FUNCTIONAL TRAINING		TRX SUSPENSION TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
18.30 - 19.20					TRX SUSPENSION TRAINING	
19.10 - 20.00	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			
19.30 - 20.20		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		

TECNICHE DI COMBATTIMENTO

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
13.00 - 13.50		BOXE				
19.30 - 21.30		THAI BOXE		THAI BOXE		
20.00-22.00	BOXE		BOXE		THAI BOXE	
20.30 - 21.30		KRAV MAGA		KRAV MAGA		