



# LUNEDÌ    MARTEDÌ    MERCOLEDÌ    GIOVEDÌ    VENERDÌ

9:00-10:00  
PILATES

12:15-13:15  
SPORT  
CONDITIONING

12:15-13:15  
YOGA

12:15-13:15  
SPORT  
CONDITIONING

12:15-13:15  
SUSPENSION  
TRAINING

18:30-19:30  
RUNNING

18:30-19:30  
CARDIO  
KICKBOXING

18:30-19:30  
CARDIO  
KICKBOXING

19:00-20:15  
BOXE

18:45-19:45  
SUSPENSION  
TRAINING

19:00-20:15  
BOXE

18:30-19:30  
FUNCTIONAL

19:00-20:15  
BOXE