

| LUNEDI                         |                               |                             | MARTEDI                            |           |                             | MERCOLEDI                         |                               |                          | GIOVEDI                            |                                    |                             | VENERDI                    |                               |                                  | SABATO                         |  |                         |  |
|--------------------------------|-------------------------------|-----------------------------|------------------------------------|-----------|-----------------------------|-----------------------------------|-------------------------------|--------------------------|------------------------------------|------------------------------------|-----------------------------|----------------------------|-------------------------------|----------------------------------|--------------------------------|--|-------------------------|--|
| SALA FUOCO                     | SALA ARIA                     | BOX CROSSFIT                | SALA FUOCO                         | SALA ARIA | BOX CROSSFIT                | SALA FUOCO                        | SALA ARIA                     | BOX CROSSFIT             | SALA FUOCO                         | SALA ARIA                          | BOX CROSSFIT                | SALA FUOCO                 | SALA ARIA                     | BOX CROSSFIT                     | SALA FUOCO                     | SALA ARIA  | BOX CROSSFIT            |  |
| 09.45-10.30<br>WALKING PROGRAM |                               | 09.15-10.15<br>WOD          |                                    |           |                             |                                   |                               |                          | 09.15-10.15<br>WOD                 | 09.45-10.30                        |                             |                            |                               | 09.15-10.15<br>WOD               |                                |  |                         |  |
|                                |                               | 10.15-11.15<br>CALISTHENICS | 10.15-11.00<br>PILATES             |           | 10.15-11.15<br>WOD          |                                   |                               |                          | 10.15-11.15<br>SPECIALTY           |                                    | 10.15-11.15<br>CALISTHENICS |                            |                               | 10.15-11.15<br>WEIGHTLIFT        | 10.00-10.45<br>PILATES         |  | 10.15-11.15<br>WOD      |  |
|                                |                               | 11.15-12.15<br>WOD          | 11.00-11.30<br>FLEXABILITY         |           | 11.15-12.15<br>WEIGHTLIFT   |                                   |                               |                          | 11.15-12.15<br>WOD                 |                                    | 11.15-12.15<br>WOD          |                            |                               | 11.15-12.15<br>WOD               | 10.45-11.30<br>CRAB BEAT       |  | 11.15-12.15<br>TEAM WOD |  |
| 12.45-13.15<br>FLYING          |                               | 12.15-13.15<br>WOD          | 12.45-13.30<br>FUNCTIONAL WALKING  |           | 12.15-13.15<br>WOD          |                                   | 12.45-13.30<br>INDOOR CYCLING |                          | 12.15-13.15<br>WOD                 | 12.45-13.30<br>FUNCTIONAL TRAINING |                             | 12.15-13.15<br>WOD         |                               | 12.15-13.15<br>WOD               |                                |  |                         |  |
|                                |                               |                             |                                    |           | 13.15-14.15<br>WOD          |                                   |                               |                          |                                    |                                    | 13.15-14.15<br>SPECIALTY    |                            |                               |                                  |                                |  |                         |  |
|                                |                               | 16.30-17.30<br>TEENS        |                                    |           | 16.30-17.30<br>TEENS        |                                   |                               |                          | 16.00-16.40<br>KIDS 10 - 12 ANNI   |                                    | 16.30-17.30<br>TEENS        |                            |                               | 16.00-16.40<br>KIDS 10 - 12 ANNI | 16.45-17.25<br>KIDS 6 - 9 ANNI | <b>ORARI DAL<br/>01 AL 28 LUGLIO 2019:<br/>LUN / VEN: 08,30 - 22,00<br/>SABATO: 09,00 - 12,30<br/>DOMENICA: CHIUSO</b> |                         |  |
| 18.30-19.15<br>WALKING PROGRAM |                               | 17.30-18.30<br>WOD          | 18.30-19.15<br>FUNCTIONAL TRAINING |           | 17.30-18.30<br>WOD          | 18.45-19.00<br>CORE               |                               | 17.30-18.30<br>WOD       | 18.45-19.30<br>FLYING              |                                    | 17.30-18.30<br>WOD          |                            | 17.30-18.30<br>WOD            | 17.30-18.30<br>WOD               |                                |  |                         |  |
| 19.15-20.00<br>STEP            |                               | 18.30-19.30<br>WOD          | 19.15-20.00<br>PILATES             |           | 18.30-19.30<br>CALISTHENICS | 19.00-19.30<br>FLUIBALL TONIC     |                               | 18.30-19.30<br>WOD       | 19.30-20.15<br>WALKING PROGRAM     |                                    | 18.30-19.30<br>WEIGHTLIFT   | 18.45-19.30<br>FBS VS CRAB | 18.30-19.30<br>WOD            | 18.30-19.30<br>WOD               |                                |  |                         |  |
| 20.00-20.30<br>FLUIBALL TONIC  | 19.30-20.30<br>INDOOR CYCLING | 19.30-20.30<br>WEIGHTLIFT   | 20.00-20.45<br>CRAB BEAT           |           | 19.30-20.30<br>WOD          | 19.30-20.00<br>METABOLIC TRAINING |                               | 19.30-20.30<br>SPECIALTY | 20.15-21.00<br>FUNCTIONAL TRAINING |                                    | 19.30-20.30<br>WOD          | 19.30-21.00<br>KRAV MAGA   | 19.30-20.30<br>INDOOR CYCLING | 19.30-20.30<br>CALISTHENICS      |                                |  |                         |  |
|                                |                               | 20.30-21.30<br>WOD          |                                    |           | 20.30-21.30<br>WOD          |                                   | 20.15-21.15<br>INDOOR CYCLING |                          | 20.30-21.30<br>WOD                 |                                    | 20.30-21.30<br>WOD          |                            | 20.30-21.30<br>WOD            |                                  |                                |  |                         |  |

DA PRENOTARE  
IN RECEPTION