



MASTER GYM CLUB società sportiva dilettantistica a rl



5TH TRAINING LAB dal 01 settembre al 20 dicembre 2026

LUNEDI

09.30-10.30
TRAINING

12.30-13.30
TRAINING

17.15-18.15
TRAINING

18.15-19.15
ENDURANCE

19.15-20.15
TRAINING

MARTEDI

12.30-13.30
TRAINING

18.30-19.30
TRAINING

19.30-20.30
CALISTHENICS

20.30-21.30
TRAINING

MERCOLEDI

09.30-10.30
ENDURANCE

12.30-13.30
TRAINING

17.30-18.30
TRAINING

18.30-19.30
FUNCTIONAL

19.30-20.30
ENDURANCE

GIOVEDI

12.30-13.30
ENDURANCE

18.15-19.15
TRAINING

19.15-20.15
TRAINING

20.15-21.15
CALISTHENICS

VENERDI

09.30-10.30
TRAINING

12.30-13.30
TRAINING

17.30-18.30
ENDURANCE

18.30-19.30
TRAINING

19.30-20.30
CALISTHENICS

20.00-21.00
TRAINING

DOMENICA

10.30-11.30
FREE 5TH TRAINING LAB