PLANNING FITNESS

LUNEDI

sala

	TENNIS	CROSSFIT	SQUASH	ARRAMPICATA	PISCINA
7:00		CROSSFIT h 7:00			
7:30					
8:00					
8:30					
9:00				WALKING h 9:00	
9:30					
10:00					PILATES h 10:00
10:30					
11:00					GINN. POSTURALE h 11:00
11:30					
12:00					
12:30					
13:00		CROSSFIT h 13:00		WALKING h 13:00	
13:30					
14:00					BIO PILATES h 14:10
14:30					
15:00					
15:30					
16:00					
16:30					
17:00	DANZA BIMBI h 17:00	CROSSFIT KIDS h 17:00			
17:30					
18:00	TAEKWON-DO BAMBINI h 18:00	CROSSFIT h 18:00	STRONG NATION h 18:30		PILATES h 18:30
18:30					
19:00		CROSSFIT h 19:00			
19:30	TAEKWON-DO ADULTI h 19:30		ZUMBA h 19:30		
20:00		CROSSFIT h 20:00			
20:30					
21:00					
21:30					

MARTEDI

sala

	TENNIS	CROSSFIT	SQUASH	ARRAMPICATA	PISCINA
7:00		CROSSFIT h 7:00			
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
13:00			WORK OUT 2000 h 13:00	FUNZIONALE h 13:00	
13:30					
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					
18:30		CROSSFIT h 18:30		WALKING h 18:30	PILATES h 18:30
19:00					
19:30	TAEKWON-DO ADULTI h 19:30	CROSSFIT h 19:30			
20:00					
20:30		CROSSFIT h 20:30			
21:00					
21:30					

MERCOLEDÌ

sala

	TENNIS	CROSSFIT	SQUASH	ARRAMPICATA	PISCINA
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
13:00		CROSSFIT h 13:00		WALKING h 13:00	
13:30					
14:00					BIO PILATES h 14:10
14:30					
15:00					
15:30					
16:00					
16:30					
17:00		CROSSFIT KIDS h 17:00			ZUMBA GOLD h 17:00
17:30	TONE FLY h 17:45				
18:00					
18:30	TONE FLY h 18:45	CROSSFIT h 18:30	WORK OUT 2000 h 18:30	PILATES h 18:30	
19:00					
19:30	TAEKWON-DO ADULTI h 19:45	CROSSFIT h 19:30	ZUMBA h 19:30		
20:00					
20:30		CROSSFIT h 20:30			
21:00					
21:30					

GIOVEDI

sala

	TENNIS	CROSSFIT	SQUASH	ARRAMPICATA	PISCINA
7:00		CROSSFIT h 7:00			
7:30					
8:00					
8:30					
9:00				WALKING h 9:00	
9:30					
10:00					PILATES h 10:00
10:30					
11:00					GINN. POSTURALE h 11:00
11:30					
12:00					
12:30					
13:00			STRONG NATION h 13:00	FUNZIONALE h 13:00	
13:30					
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00	DANZA BIMBI h 17:00				
17:30					
18:00	TAEKWON-DO BAMBINI h 18:15	CROSSFIT h 18:00			
18:30				WALKING h 18:30	PILATES h 18:30
19:00		CROSSFIT h 19:00			
19:30	TAEKWON-DO ADULTI h 19:30				
20:00		CROSSFIT h 20:00			
20:30					
21:00					
21:30					

VENERDÌ

sala

	CROSSFIT	SQUASH	ARRAMPICATA	PISCINA
7:00	CROSSFIT h 7:00			
7:30				
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				
11:00				
11:30				
12:00				
12:30				FUNZIONALE h 12:30
13:00	CROSSFIT h 13:00		WALKING h 13:00	
13:30				FUNZIONALE h 13:15
14:00				
14:30				
15:00				
15:30				
16:00				
16:30				
17:00				
17:30				
18:00				
18:30	CROSSFIT h 18:30			
19:00				
19:30	CROSSFIT h 19:30		FUNZIONALE h 19:15	
20:00				
20:30	CROSSFIT h 20:30			
21:00				
21:30				

SABATO

sala

	PISCINA
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	STRONG NATION h 9:30
10:00	
10:30	ZUMBA h 10:30
11:00	
11:30	
12:00	
12:30	
13:00	
13:30	
14:00	
14:30	
15:00	
15:30	
16:00	
16:30	
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18:30	
19:00	
19:30	
20:00	
20:30	
21:00	
21:30	