

	LUNEDÌ		MARTEDÌ		MERCOLEDÌ
07:00	CROSSTRaining TOM	12:00	PTP	07:00	CROSSTRaining TOM
12:00	CROSSTRaining GIO	13:15	CROSSTRaining GIO	12:00	PTP
12:45	PTP GIO	18:00	CROSSTRaining ALE	13:15	CROSSTRaining GIO
13:15	CROSSTRaining GIO	18:15	PTP ALE	18:30	PTP
18:30	PTP	19:00	KICKBOXING SIMO	19:00	CROSSTRaining TOM
19:00	CROSSTRaining TOM				
	GIOVEDÌ		VENERDÌ		SABATO
12:00	PTP	07:00	CROSSTRaining TOM	13:15	TEAM WOD GIO
13:15	METCON	12:00	PTP	★POWERZONE★	
18:00	CROSSTRaining ALE	13:15	CROSSTRaining GIO		
18:15	PTP ALE	13:30	KICKBOXING SIMO		
19:00	KICKBOXING SIMO	18:30	PTP		
		19:00	CROSSTRaining TOM		

BOOK ON

