

AREA THE BOX

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7:00/8:00	Cross Training	-	Cross Training	-	Cross Training	-
10:30/11:30	-	-	-	-	-	Cross Training
13:15/14:15	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	-
17:30/18:30	-	Calisthenics	-	Calisthenics	-	-
18:00/19:00	-	-	Cross Training	-	Cross Training	-
18:30/19:30	Cross Training	Calisthenics	-	Calisthenics	-	-
19:00/20:00	-	-	Calisthenics	-	Calisthenics	-
19:30/20:30	Cross Training	Cross Training	-	Cross Training	-	-

AREA FITNESS

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
8:30/9:30	A.F.A.	-	A.F.A.	-	-	-
9:30/10:30	Ginnastica Dolce	-	Ginnastica Dolce	-	-	-
13:15/14:15	G.A.C.	Yoga	Wonder Woman	-	Yoga	-
17:00/18:00	-	-	Hip Hop	-	Hip Hop	-
18:00/19:00	Total Body	Power Step	Pilates	Fit Boxe	Pilates	-
19:00/20:00	Yoga	Fit Boxe	Yoga	Yoga	G.A.C.	-
19:00/20:00	Spinning*	-	-	Spinning*	-	-

AREA COMBAT ZONE

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
11:00/12:00	-	-	-	-	-	PMI
13:15/14:15	Boxe	Bjj Sampa	Boxe	Bjj Sampa	-	-
15:15/16:45	Bjj Sampa	-	Bjj Sampa	-	-	-
17:00/18:00	-	Thai Kids	-	Thai Kids	-	-
18:00/19:00	Boxe	Boxe	Boxe	Boxe	Boxe	-
19:00/20:30	Thai Boxe	MMA	Thai Boxe	MMA	Thai Boxe	-
20:00/21:30	Capoeira	Difesa Personale	Capoeira	Difesa Personale	Wrestling	-
20:00/21:30	-	-	-	Karate	-	-
20:00/21:30	-	-	Wrestling	-	-	-
20:30/22:00	Ju-Jitsu	Bjj Sampa	Ju-Jitsu	Bjj Sampa	-	-

