

PALINSESTO

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

AREA
BATTITO

AREA
IMPATTO

AREA
BATTITO

AREA
IMPATTO

AREA
BATTITO

AREA
IMPATTO

AREA
BATTITO

AREA
IMPATTO

AREA
BATTITO

AREA
IMPATTO

AREA
BATTITO

AREA
IMPATTO

06:30
STRENGTH

07:00
HYBRID

06:30
CIRCUIT

07:00
HYBRID

06:30
ENDURANCE

08:00 - 09:00
OPEN GYM

08:00 - 10:00
OPEN GYM

08:00 - 10:00
OPEN GYM

09:00
CIRCUIT

09:00
STRENGTH

10:00
OPEN GYM

10:00
WOMEN

08:00 - 12:00
OPEN GYM

08:00 - 12:00
OPEN GYM

10:00
WOMEN

10:00
OPEN GYM

08:00 - 12:00
OPEN GYM

10:00
ENDURANCE

10:00
HYBRID

11:00 - 12:00
OPEN GYM

11:00 - 12:00
OPEN GYM

11:00 - 13:00
OPEN GYM

12:10
CIRCUIT

12:20
WOMEN

12:20
ENDURANCE

12:20
STRENGTH

12:10
CIRCUIT

12:20
HYBRID

12:20
WOMEN

12:20
HYBRID

12:20
ENDURANCE

12:10
CIRCUIT

14:00 - 16:00
OPEN GYM

14:00 - 16:00
OPEN GYM

14:00 - 16:00
OPEN GYM

14:00 - 16:00
OPEN GYM

14:00 - 16:00
OPEN GYM

16:30
KIDS 6-9
ANNI

16:30
INCLUSIVE

16:30
CIRCUIT

16:30
JUNIOR
10-14 ANNI

16:30
KIDS 6-9
ANNI

16:30
HYBRID

16:30
CIRCUIT

16:30
JUNIOR
10-14 ANNI

16:30
KIDS 6-9
ANNI

16:30
HYBRID

17:30
ENDURANCE

17:30
WOMEN

17:30
SOFT MOTION

17:30
HYBRID

17:30
CIRCUIT

17:30
HYBRID

17:30
WOMEN

17:30
STRENGTH

17:30
SOFT MOTION

17:30
CIRCUIT

18:30
CIRCUIT

18:30
STRENGTH

18:30
ENDURANCE

18:30
STRENGTH

18:30
CIRCUIT

18:30
HYBRID

18:30
ENDURANCE

18:30
HYBRID

18:30
ENDURANCE

18:30
STRENGTH

19:30
STRENGTH

19:30
HYBRID

19:30
STRENGTH

19:30
HYBRID