

# PALINSESTO

## LUNEDÌ

AREA  
BATTITO

AREA  
IMPATTO

|                           |                   |
|---------------------------|-------------------|
| 06:30<br>OPEN GYM         | 06:30<br>STRENGTH |
| 08:00 - 10:00<br>OPEN GYM |                   |
| 10:00<br>OPEN GYM         | 10:00<br>WOMEN    |
| 11:00 - 13:00<br>OPEN GYM |                   |
| 12:10<br>CIRCUIT          | 12:20<br>WOMEN    |
| 14:00 - 17:00<br>OPEN GYM |                   |
| 16:30<br>INCLUSIVE        | 16:30<br>STRENGTH |
| 17:30<br>ENDURANCE        | 17:30<br>WOMEN    |
| 18:30<br>CIRCUIT          | 18:30<br>STRENGTH |
| 19:30<br>OPEN GYM         | 19:30<br>STRENGTH |

## MARTEDÌ

AREA  
BATTITO

AREA  
IMPATTO

|                           |                               |
|---------------------------|-------------------------------|
| 07:00<br>OPEN GYM         | 07:00<br>HYBRID               |
| 08:00 - 13:00<br>OPEN GYM |                               |
| 12:20<br>ENDURANCE        |                               |
| 12:20<br>STRENGTH         |                               |
| 14:00 - 17:00<br>OPEN GYM |                               |
| 16:30<br>CIRCUIT          | 16:30<br>JUNIOR<br>10-14 ANNI |
| 17:30<br>SOFT MOTION      | 17:30<br>HYBRID               |
| 18:30<br>ENDURANCE        | 18:30<br>STRENGTH             |
| 19:30<br>OPEN GYM         | 19:30<br>HYBRID               |

## MERCOLEDÌ

AREA  
BATTITO

AREA  
IMPATTO

|                           |                   |
|---------------------------|-------------------|
| 06:30<br>CIRCUIT          | 06:30<br>OPEN GYM |
| 08:00 - 13:00<br>OPEN GYM |                   |
| 12:10<br>CIRCUIT          | 13:00<br>STRENGTH |
| 14:00 - 17:00<br>OPEN GYM |                   |
| 16:30<br>KIDS 6-9<br>ANNI | 16:30<br>STRENGTH |
| 17:30<br>CIRCUIT          | 17:30<br>HYBRID   |
| 18:30<br>CIRCUIT          | 18:30<br>STRENGTH |
| 19:30<br>OPEN GYM         | 19:30<br>STRENGTH |

## GIOVEDÌ

AREA  
BATTITO

AREA  
IMPATTO

|                           |                               |
|---------------------------|-------------------------------|
| 07:00<br>OPEN GYM         | 07:00<br>HYBRID               |
| 08:00 - 10:00<br>OPEN GYM |                               |
| 10:00<br>WOMEN            | 10:00<br>OPEN GYM             |
| 11:00 - 13:00<br>OPEN GYM |                               |
| 12:20<br>WOMEN            | 12:20<br>HYBRID               |
| 14:00 - 17:00<br>OPEN GYM |                               |
| 16:30<br>ENDURANCE        | 16:30<br>JUNIOR<br>10-14 ANNI |
| 17:30<br>WOMEN            | 17:30<br>STRENGTH             |
| 18:30<br>ENDURANCE        | 18:30<br>HYBRID               |
| 19:30<br>OPEN GYM         | 19:30<br>HYBRID               |

## VENERDÌ

AREA  
BATTITO

AREA  
IMPATTO

|                           |                   |
|---------------------------|-------------------|
| 06:30<br>ENDURANCE        | 06:30<br>OPEN GYM |
| 08:00 - 13:00<br>OPEN GYM |                   |
| 12:20<br>ENDURANCE        | 12:10<br>CIRCUIT  |
| 14:00 - 17:00<br>OPEN GYM |                   |
| 16:30<br>KIDS 6-9<br>ANNI | 16:30<br>HYBRID   |
| 17:30<br>SOFT MOTION      | 17:30<br>CIRCUIT  |
| 18:30<br>ENDURANCE        | 18:30<br>STRENGTH |

## SABATO

AREA  
BATTITO

AREA  
IMPATTO

|                           |                   |
|---------------------------|-------------------|
| 08:00 - 09:00<br>OPEN GYM |                   |
| 09:00<br>CIRCUIT          | 09:00<br>STRENGTH |
| 10:00<br>ENDURANCE        | 10:00<br>HYBRID   |
| 10:00 - 13:00<br>OPEN GYM |                   |