VALIDO DAL **14/02/2019** AL **30/04/2019**

	lunedì				martedì				mercoledì			
	Cycling Room	Cardiofitness Room	Body&Mind Room	CrossFit Room	Cycling Room	Cardiofitness Room	Body&Mind Room	CrossFit Room	Cycling Room	Cardiofitness Room	Body&Mind Room	CrossFit Room
early morning		6:45 FitRow Gio			6:45 Cycling Training Mauro	6:45 Striding Gio			6:45 Indoor Cycling Rino			
morning						9:30 Pilates Gio						
		10:30 Cross Light Gio										
lunch time	13:00 Indoor Cycling Gio	13:00 Cross Training Andrea	13:00 Pilates Diego			13:00 Striding Gio	13:00 Hatha Yoga Elda		13:00 Indoor Cycling Andrea	13:00 Muscle Training Michele		
afternoon												
										17:00 KMT kids Fede/Gio		
early evening	18:00 Indoor Cycling Roby	18:00 Striding Gio	18:00 Stretch Training Laura		18:00 Indoor Cycling Rino				18:00 Indoor Cycling Mary		18:00 Pilates Gio	
evening	19:00 Indoor Cycling Barbara	19:00 Cross Training Veronica	19:00 Yoga & Sport Roberta		19:00 Indoor Cycling Rino	19:00 FitRow Isa	19:00 Pilates Diego		19:00 Indoor Cycling Barbara	19:00 Striding Gio		19:00 Cross Training Veronica
	20:00 Indoor Cycling Giordano	20:00 Muscle Training Maddalena			20:00 Cycling Training Mauro		20:00 Real Combat**		20:00 Indoor Cycling Giordano	20:00 FitRow Gio		
late evening												

VALIDO DAL **14/02/2019** AL **30/04/2019**

	giovedì				venerdì				sabato		domenica	
	Cycling Room	Cardiofitness Room	Body&Mind Room	CrossFit Room	Cycling Room	Cardiofitness Room	Body&Mind Room	CrossFit Room	Cycling Room	Rotazione	Cycling Room	Rotazione
early morning		6:45 Striding Gio			6:45 Indoor Cycling Gio							
morning							9:30 Blackroll&Barre Gio		9:30 LONG RIDE Rotazione	9:30 LONG FUNCTIONAL Rotazione	9:30 Indoor Cycling Rotazione	
		10:30 Cross Light Gio										10:30 Rotazione Rotazione
lunch time		13:00 Striding Gio	13:00 Pilates Diego		13:00 Indoor Cycling Barbara	13:00 FitRow Gio	13:00 Hatha Yoga Elda					
afternoon												
						17:00 KMT kids Fede/Gio						
early evening	18:00 Indoor Cycling Andrea	18:00 Striding Gio	18:00 Stretch Training Laura		18:00 Indoor Cycling Clara	18:00 Cross Light Gio						
evening	19:00 Indoor Cycling Gio	19:00 FitRow Isa	19:00 Hatha Yoga Elda		19:00 Indoor Cycling Clara	19:00 CrossBoxe Veronica	19:00 Pilates Diego					
	20:00 Cycling Training Mauro	20:00 Muscle Training Maddalena	20:00 Real Combat**									
late evening												