VALIDO DAL **18/05/2019**

	lunedì				martedì				mercoledì			
	Cycling Room	CardioFitness Room	Body&Mind Room	Box CrossFit	Cycling Room	CardioFitness Room	Body&Mind Room	Box CrossFit	Cycling Room	CardioFitness Room	Body&Mind Room	Box CrossFit
early morning				6:30 Endurance		6:45 Striding Gio			6:45 Indoor Cycling Rino			
morning												
		10:00 Cross Light Gio								10:00 Cross Light Gio		
lunch time	12:45 Indoor Cycling Gio	13:00 Cross Training Andrea	13:00 Pilates Diego			13:00 Striding Gio	13:00 Hatha Yoga Elda		12:45 Indoor Cycling Gio			12:45 CrossFit
afternoon												
										17:00 KMT kids Fede/Gio		
early evening		18:00 Striding Gio	18:00 Stretch Training Laura		18:00 Indoor Cycling Rino					18:00 Cross Light Veronica	18:00 Pilates Gio	18:30 CrossFit
evening	19:00 Indoor Cycling Mary	19:00 Cross Training Veronica				19:00 FitRow Isa	19:00 Pilates Diego		19:00 Indoor Cycling Mary	19:00 Striding Gio		19:30 CrossFit
							20:00 Real Combat**	20:00 CrossFit	20:00 Indoor Cycling Mary	20:00 FitRow Gio		
late evening												

VALIDO DAL **18/05/2019**

	giovedì				venerdì				sabato		domenica	
	Cycling Room	CardioFitness Room	Body&Mind Room	Box CrossFit	Cycling Room	CardioFitness Room	Body&Mind Room	Box CrossFit	Cycling Room	Rotazione	Cycling Room	Rotazione
early morning		6:45 Striding Gio			6:45 Indoor Cycling Gio							
morning											9:30 Indoor Cycling Rotazione	
						10:00 Cross Light Gio				Rotazione Rotazione		10:30 Pilates Diego
lunch time		13:00 Striding Gio	13:00 Pilates Diego		12:45 Indoor Cycling Mary	13:00 FitRow Gio	13:00 Hatha Yoga Elda					
afternoon												
						17:00 KMT kids Fede/Gio						
early evening		18:00 Striding Gio	18:00 Stretch Training Laura			18:00 Cross Light Gio						
evening	19:00 Indoor Cycling Gio	19:00 FitRow Isa			19:00 Indoor Cycling Gio	19:00 CrossBoxe Veronica	19:00 Pilates Diego					
			20:00 Real Combat**									
late evening												