



ASD FIT FOR FIGHT
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LUNEDI'	MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'
SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA FUNCTIONAL
10:30 11:30 FUNCTIONAL TRAINING	10:30 11:30 GINNASTICA (METODO YOGA)			10:30 11:30 FUNCTIONAL TRAINING	10:30 11:30 GINNASTICA (METODO YOGA)		10:30 11:30 FUNCTIONAL TRAINING
		18:45 19:30 G.A.G.				18:45 19:30 G.A.G.	
19:30 20:30 FUNCTIONAL TRAINING ADVANCED				19:30 20:30 FUNCTIONAL TRAINING ADVANCED			19:30 20:30 FUNCTIONAL TRAINING ADVANCED
20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE		20:00 21:00 FUNCTIONAL TRAINING BASIC		20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE		20:00 21:00 FUNCTIONAL TRAINING BASIC	20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE