



ASD FIT FOR FIGHT
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LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO
SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A
10:30 11:30 GINNASTICA (METODO PILATES)	10:30 11:30 FUNCTIONAL TRAINING			10:30 11:30 GINNASTICA (METODO PILATES)	10:30 11:30 FUNCTIONAL TRAINING				10:30 11:30 FUNCTIONAL TRAINING	10:15 11:15 GINNASTICA METODO YOGA
	17:00-17:45 GAG		17:00-17:50 TOTAL BODY		17:00-17:45 GAG		17:00-17:50 TOTAL BODY		17:00-17:45 GAG	
	19:30 20:30 FUNCTIONAL TRAINING ADVANCED	19:00 20:00 HEALTH TRAINING (METODO PILATES)	19:00 19:45 G.A.G.		19:30 20:30 FUNCTIONAL TRAINING ADVANCED	19:00 20:00 HEALTH TRAINING (METODO PILATES)	19:00 19:45 G.A.G.		19:30 20:30 FUNCTIONAL TRAINING ADVANCED	
20:00-20:45 ZUMBA	20:30 20:45 CORE & MOBILITY		20:00 21:00 FUNCTIONAL BASIC	20:00-20:45 ZUMBA	20:30 20:45 CORE & MOBILITY	20:00 - 21:00 SALSA CUBA 2 AVANZATO	20:00 21:00 FUNCTIONAL BASIC		20:30 20:45 CORE & MOBILITY	
	20:45 21:45 FUNCTIONAL CIRCUIT TRAINING			20:45 21:45 GINNASTICA METODO YOGA	20:45 21:45 FUNCTIONAL CIRCUIT TRAINING	21:00 - 22:00 SALSA CUBA 1 PRINCIPIANTI			20:45 21:45 FUNCTIONAL CIRCUIT TRAINING	