



ASD FIT FOR FIGHT
VIA DI TRIGORIA, 96/Q - 00128 ROMA
TEL/FAX 06/5061618
fit4fight@hotmail.com
www.trigoriasportcenter.com
FB: TRIGORIASPORTCENTER



LUNEDI'		MARTEDI'		MERCOLEDI'			GIOVEDI'		VENERDI'			SABATO
SALA FIGHT	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FIGHT	SALA FUNCTIONAL	SALA A	SALA FUNCTIONAL	SALA A	SALA FIGHT	SALA FUNCTIONAL	SALA A
	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	10:15 11:15 GINNASTICA METODO YOGA
	17:00-17:45 GAG		17:00-18:00 TOTAL BODY	17:00-18:00 CARDIO & TONE				17:00-18:00 TOTAL BODY			17:00-17:45 GAG	
			18:45 19:30 G.A.G.					18:45 19:30 G.A.G.				
	19:30 20:30 FUNCTIONAL TRAINING ADVANCED	19:00 20:00 HEALTH TRAINING (METODO PILATES)		19:00 20:00 GINNASTICA METODO YOGA		19:30 20:30 FUNCTIONAL TRAINING ADVANCED	19:00 20:00 HEALTH TRAINING (METODO PILATES)				19:30 20:30 FUNCTIONAL TRAINING ADVANCED	
20:30 - 21:30 CALISTHENICS	20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE		20:00 21:00 FUNCTIONAL TRAINING BASIC	20:30 - 21:30 CALISTHENICS	20:30 - 21:30 CALISTHENICS	20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE	20:00-21:00 SALSA CUBA 2 AVANZATO	20:00 21:00 FUNCTIONAL TRAINING BASIC	20:30 - 21:30 CALISTHENICS	20:45 21:45 FUNCTIONAL TRAINING INTERMEDIATE		
							21:00 - 22:00 SALSA CUBA 1 PRINCIPIANTI					