



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
19:30 20:30 FUNCTIONAL TRAINING ADVANCED		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 21:00 CALISTHENICS	19:00 20:00 HEALTH TRAINING (METODO PILATES)	20:00 21:00 FUNCTIONAL TRAINING BASIC		20:00 21:00 CALISTHENICS		20:00 21:00 FUNCTIONAL TRAINING BASIC	20:00 21:00 CALISTHENICS
21:00 22:00 FUNCTIONAL TRAINING INTERMEDIATE			20:00 21:00 GINNASTICA (METODO YOGA)	21:00 22:00 FUNCTIONAL TRAINING INTERMEDIATE			21:00 22:00 FUNCTIONAL TRAINING INTERMEDIATE