



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

6	FF			FF			FF			FF					
7	FF			FF			FF			FF					
8															
9		BF			4EY			BF			4EY			BF	
10	FF			FF			FF			FF				FF	M/C
11														PES	
13	FF			FF			FF			FF					
14														FF	
17	FF			FF			FF			FF					
18	FF			FF			FF			FF					
19	FF	BF	CCS	FF	PL	CCS	FF	BF	GINN	PL	CALI	CCS	FF	BF	GINN
20	FF	CALI		FF			PES	AC		FF			PES	AC	

FUNCTIONAL FITNESS

BODY FIT

AEROBIC CAPACITY

POWERLIFTING

MOBILITY / CORE

CALISTHENICS

PESISTICA

GINNASTICA

CCS