



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
6	FF	FF	FF	FF	FF	
7	FF	FF	FF	FF	FF	
8						
9	BF	4EY	BF	4EY	BF	BF
10	FF	FF	FF	FF	FF	FF M/C
11						PES
12						
13	FF	FF	FF	FF	FF	
14						FF
16:30						
17	FF	FF	FF	FF	FF	
17:30		FF		FF	FF	
18	FF	FF	FF	FF	FF	
18:30		FF		FF	FF	
19	FF	FF	PES	FF	FF	PES
19:30	BF	PL	BF	PL	BF	
20	FF	CCS	FF	CALI	AC	GINN
20:30	CALI		AC			
21	FF	FF	FF	FF		

FUNCTIONAL FITNESS

BODY FIT

AEROBIC CAPACITY

POWERLIFTING

MOBILITY / CORE

CALISTHENICS

PESISTICA

GINNASTICA

CCS