

PLANNING SETTIMANALE CORSI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7:00 – 8:00 STRONG TRAINING	7:00 – 8:00 FUNCTIONAL TRAINING	7:00 – 8:00 STRONG TRAINING	7:00 – 8:00 FUNCTIONAL TRAINING	7:00 – 8:00 STRONG TRAINING	
					9:00 – 10:00 STRONG TRAINING
12:45 – 13:30 NEW: ANIMAL FLOW da Settembre	12:45 – 13:30 STRONG TRAINING	12:45 – 13:30 POWER YOGA	12:45 – 13:30 STRONG TRAINING	12:45 – 13:30 PILATES	
13:30 – 14:15 NEW: ANIMAL FLOW da Settembre	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:15 HATHA YOGA	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:15 PILATES	
	17:00 – 17:45 FUNCTIONAL TRAINING da Settembre		17:00 – 17:45 FUNCTIONAL TRAINING da Settembre		
17:45 – 18:30 FUNCTIONAL CIRCUIT	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 STRONG TRAINING	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 FUNCTIONAL CIRCUIT	
18:30 – 19:30 PILATES	18:30 – 19:30 STRONG TRAINING	18:30 – 19:30 POWER YOGA	18:30 – 19:30 STRONG TRAINING	18:30 – 19:30 POSTURAL YOGA THERAPY	
19:30 – 20:30 POSTURAL YOGA THERAPY	19:30 – 20:30 CALISTHENICS	19:30 – 20:30 PILATES	19:30 – 20:30 CALISTHENICS	19:30 – 20:30 DIFESA PERSONALE JJMP	

GLI ORARI POSSONO SUBIRE VARIAZIONI. PER MAGGIORI INFORMAZIONI CONSULTARE LA PAGINA "REGOLAMENTO" DEL NOSTRO SITO WEB WWW.DYNAMIC.SM