SALA FUNZIONALE

				09:30 10:15	FIT CROSS			09:30 10:15	FIT CROSS		
		13:00 13:30	FIT CROSS			13:00 13:30	FIT CROSS				
18:00 18:45	CROSS TEEN					18:00 18:45	CROSS TEEN				
18:45 19:30	FIT CROSS	18:45 19:30	FIT CROSS	18:45 19:30	FIT CROSS	18:45 19:30	FUNCTIONAL FUNDAMENTALS	18:45 19:30	FIT CROSS		
19:30 20:15	FAST BURN	19:30 20:15	HYBRID TRAINING	19:30 20:15	CALISTHENICS	19:30 20:15	FAST BURN	19:30 20:15	CALISTHENICS		
20:15 21:00	FIT CROSS			20:15 21:00	FIT CROSS	20:15 21:00	HYBRID TRAINING				