



# ZONA FUNZIONALE



| ORARIO | LUNEDI'                      | MARTEDI'                                       | MERCOLEDI'                  | GIOVEDI'                   | VENERDI'                   | SABATO                      |
|--------|------------------------------|------------------------------------------------|-----------------------------|----------------------------|----------------------------|-----------------------------|
| 09:00  |                              |                                                |                             |                            |                            |                             |
| 09:30  |                              |                                                |                             |                            |                            |                             |
| 10:00  |                              |                                                |                             |                            |                            | TABATA<br>10,00-11.00       |
| 10:30  | LADY TRAINING<br>10.30-11.20 |                                                |                             |                            |                            |                             |
| 11:00  |                              |                                                |                             |                            |                            | BIKE &TONE<br>11.15- 12.15  |
| 11:30  |                              |                                                |                             |                            |                            |                             |
| 12:00  |                              |                                                |                             |                            |                            |                             |
| 12:30  |                              |                                                |                             |                            |                            |                             |
| 13:00  | POWER CROSS<br>13.00-14.00   | BIKE & TONE<br>13.00-13.45                     | POWER CROSS<br>13.00-13.55  | BIKE & TONE<br>13.00-13.45 | POWER CROSS<br>13.00-13.55 |                             |
| 13:30  |                              |                                                |                             |                            |                            |                             |
| 14:00  |                              |                                                |                             |                            |                            |                             |
| 14:30  |                              |                                                |                             |                            |                            |                             |
| 15:00  |                              |                                                |                             |                            |                            |                             |
| 15:30  |                              |                                                |                             |                            |                            |                             |
| 16:00  |                              |                                                |                             |                            |                            |                             |
| 16:30  |                              |                                                |                             |                            |                            |                             |
| 17:00  |                              |                                                |                             |                            |                            |                             |
| 17:30  |                              |                                                |                             |                            |                            |                             |
| 18:00  |                              | TABATA<br>18,00-18.45                          |                             |                            | TABATA<br>18.00-18.45      |                             |
| 18:30  | CROSS CARDIO<br>18.30-19.20  |                                                | CROSS CARDIO<br>18.30-19.20 |                            |                            |                             |
| 19:00  |                              |                                                |                             |                            | BIKE & TONE<br>18.45-19.45 | POWER CROSS<br>19.00-20.00  |
| 19:30  | POWER CROSS<br>19.30-20.30   | PREPARAZIONE<br>ATLETICA TENNIS<br>19.30-20.30 | SPINNING<br>19.30-20.30     |                            |                            |                             |
| 20:00  |                              |                                                |                             |                            |                            | CROSS CARDIO<br>20.00-20.50 |
| 20:30  | SPINNING<br>20.30-21.30      | PREPARAZIONE<br>ATLETICA TENNIS<br>20.30-21.30 |                             |                            |                            |                             |
| 21:00  |                              |                                                |                             |                            |                            |                             |
| 21:30  |                              |                                                |                             |                            |                            |                             |