

**LUNEDÌ****MARTEDÌ****MERCOLEDÌ****GIOVEDÌ****VENERDÌ****SABATO**

7.00 - 8.00	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING	
8.30 - 9.30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
9.30 - 13.10	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
9.00 - 10.30						OPEN GYM
10.00 - 11.00		PILATES		PILATES		CROSS TRAINING
11.00 - 12.00						CROSS TRAINING
13.10 - 14.10	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
14.10 - 17.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
16.00 - 17.00		PILATES		PILATES		
17.00 - 18.00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
18.00 - 19.00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
18.30 - 20.00	WEIGHTLIFTING		WEIGHTLIFTING		WEIGHTLIFTING	
19.00 - 20.00	CROSS TRAINING	CROSS TRAINING - PILATES	CROSS TRAINING	CROSS TRAINING - PILATES	CROSS TRAINING	
20.00 - 21.00		CROSS TRAINING		CROSS TRAINING		

OPRARIO POWER