

**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
10.00 - 11.00	FUNZIONALE		FUNZIONALE		FUNZIONALE
10.30 - 11.30					CROSS TRAINING
12.45 - 13.45	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
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
18.00 - 19.15	WEIGHT LIFTING	WEIGHT LIFTING	WEIGHT LIFTING	WEIGHT LIFTING	WEIGHT LIFTING
18.45 - 20.00	WEIGHT LIFTING	WEIGHT LIFTING	WEIGHT LIFTING	WEIGHT LIFTING	WEIGHT LIFTING
19.00 - 20.00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
20.00 - 21.00	PRE PUGILISTICA	PRE PUGILISTICA	PRE PUGILISTICA	PRE PUGILISTICA	PRE PUGILISTICA

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