PLANNING CROSSFIT & WOD

	7.00	10.00	11.00	12.00	12.30	17.00	18.00	19.00	20.00	21.00
lun	Crossfit Simone				Crossfit Francesca	Crossfit Francesca	Crossfit Simone Crossfit Endurance Francesca	Crossfit Francesca Crossfit Endurance Simone Crossfit Gymnastic Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea Tasselli	Crossfit Gymnastic Simone Cusenza
mar	Crossfit Endurance Andrea		Crossfit Andrea		Crossfit Francesca	Crossfit Endurance Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea	Crossfit Simone Crossfit Endurance Andrea	Crossfit Andrea Kettlebell Francesca	Crossfit Simone
mer	Crossfit Gymnastic Simone Cusenza	Crossfit Endurance Simone Cusenza			Crossfit Francesca	Crossfit Francesca	Crossfit Andrea Crossfit Endurance Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea	Crossfit Francesca Crossfit Gymnastic Andrea	Crossfit Endurance Simone Cusenza
gio	Crossfit Simone		Crossfit Francesca		Crossfit Francesca	Crossfit Francesca	Crossfit Endurance Andrea	Crossfit Lorenzo Crossfit Endurance Andrea Tasselli Crossfit Gymnastic Simone Cusenza Kettlebell Francesca	Crossfit Andrea Crossfit Endurance Lorenzo	Crossfit Gymnastic Simone Cusenza
ven		Crossfit Andrea			Crossfit Simone	Crossfit Endurance Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea	Crossfit Simone Crossfit Gymnastic Andrea	Crossfit Francesca Crossfit Endurance Simone	
sab		Crossfit Simone Crossfit Endurance TEAM WOD Andrea Kettlebell Francesca	Crossfit Satwod Simone	Crossfit Gymnastic Andrea						

PLANNING POWERLIFTING

	11.00 - 12.00	18.00 - 21.00
lun	POWERLIFTING 11.00 - 12.00 Simone Panizza	POWERLIFTING 18.00 - 21.00 Simone Panizza
mar		
mer		POWERLIFTING 18.00 - 21.00 Simone Panizza
gio		
ven	POWERLIFTING 11.00 - 12.00 Simone Panizza	POWERLIFTING 18.00 - 21.00 Simone Panizza
sab		

PLANNING COMBAT

	11.00	12.45	13.00	17.00	18.00	18.30	19.00	20.00	20.30
lun		Muay Thai Gualtiero					Muay Thai Gualtiero --- Pugilato Manuele		Muay Thai Gualtiero
mar		Muay Thai Gualtiero		PAD WORKING Gualtiero		Kick Boxing K1 style Ahmed	BJJ no-gi Francesco	MMA Striking/Sanda Francesco	
mer		Muay Thai Gualtiero	MMA Luca				Muay Thai Gualtiero --- Pugilato Manuele		Muay Thai Gualtiero --- BJJ con Kimono Luca
gio		Muay Thai Gualtiero				Kick Boxing K1 style Ahmed	BJJ no-gi Francesco	MMA Striking/Sanda Francesco	
ven		Muay Thai Gualtiero	MMA Luca		Pugilato Manuele	Kick Boxing K1 style Ahmed	Muay Thai Gualtiero	BJJ con Kimono Luca	
sab	MMA Luca								

PLANNING SKILL & STRENGTH CLASSES

	7.00	9.00	11.00	12.00	12.30	18.00	19.00	20.00	21.00
lun			Strength Simone Panizza				Strength Simone Panizza Acrobatica AEREA Vanessa	Strength Francesca Calisthenics Simone Cusenza Stretching Vanessa	Acrobatica AEREA Vanessa
mar						Strength Francesca Calisthenics Simone Cusenza	Weightlifting Francesca Acrobatica AEREA Giulia	Strength Simone	
mer					Calisthenics Simone Cusenza	Strength Francesca	Strength Simone Panizza Barbell Conditioning Francesca Calisthenics Simone Cusenza Acrobatica AEREA Vanessa	Strength Simone Calisthenics Simone Cusenza Acrobatica AEREA Vanessa	
gio						Crossfit STRONGMAN Francesca Acrobatica AEREA Giulia	Strength Simone Mobility 4 Crossfit Andrea	Strength Simone Weightlifting Francesca Calisthenics Simone Cusenza	Calisthenics Fabio
ven	Strength Simone		Strength Simone Panizza			Strength Francesca Calisthenics Simone Cusenza	Strength Francesca Acrobatica AEREA Giulia		
sab		Calisthenics Simone Cusenza	Weightlifting Francesca Mobility 4 Crossfit Andrea Acrobatica Simone Cusenza Acrobatica AEREA Giulia	Crossfit STRONGMAN Francesca					

PLANNING KIDS, JUNIORS & STUDENTS

	10.00	11.00	17.00	18.00
lun			Acrobatica 6+ Simone Cusenza	Acrobatica 11/14 Simone Cusenza
mar				Muay Thai Junior Gualtiero
mer			BJJ 6+ Luca Vitali	
gio			Acrobatica 6+ Simone Cusenza	Acrobatica 11/14 Simone Cusenza
ven			BJJ 6+ Luca Vitali	Muay Thai Junior Gualtiero
sab	Acrobatica 6+ Simone Cusenza	Acrobatica 15+ Simone Cusenza		