

PLANNING CROSSFIT & WOD

	7.00	10.00	11.00	12.30	17.00	18.00	19.00	20.00	21.00
lun	Crossfit Giulia			Crossfit Giulia	Crossfit Lorenzo	Crossfit Giulia Crossfit Endurance Simone Cusenza	Crossfit Lorenzo Crossfit Endurance Giulia	Crossfit Lorenzo Crossfit Endurance Giulia	Crossfit Gymnastic Lorenzo
mar	Crossfit Gymnastic Simone Cusenza	Crossfit Gymnastic Lorenzo	Crossfit Lorenzo	Crossfit Lorenzo	Crossfit Lorenzo	Crossfit Lorenzo Crossfit Endurance Simone	Crossfit Lorenzo Crossfit Endurance Simone	Crossfit Lorenzo Kettlebell Simone	Crossfit Lorenzo
mer			Crossfit Lorenzo	Crossfit Lorenzo	Crossfit Lorenzo	Crossfit Giulia	Crossfit Lorenzo Crossfit Endurance Giulia	Crossfit Giulia Crossfit Endurance Lorenzo	Crossfit Lorenzo
gio	Crossfit Giulia		Crossfit Lorenzo	Crossfit Lorenzo	Crossfit Lorenzo	Crossfit Endurance Giulia	Crossfit Lorenzo Kettlebell Giulia	Crossfit Giulia Crossfit Gymnastic Lorenzo	Crossfit Endurance Lorenzo
ven		Crossfit Lorenzo	Crossfit Gymnastic Lorenzo	Crossfit Lorenzo	Crossfit Lorenzo	Crossfit Lorenzo Crossfit Endurance Simone	Crossfit Simone	Crossfit Endurance Simone	
sab		Saturday Special Class Lorenzo	Crossfit Gymnastic Lorenzo						

PLANNING SKILL & STRENGTH CLASSES

	7.00	9.30	11.00	12.00	12.30	18.00	19.00	20.00	21.00
lun			Strength Simone Panizza			Gymnastic JUNIOR 8/14 Lorenzo Calisthenics Simone Cusenza	Strength Simone Panizza Acrobatica AEREA Giulia	Strength Simone Panizza Calisthenics Simone Cusenza	
mar						Calisthenics Simone Cusenza	Weightlifting Simone Panizza HANDSTAND & Mobility Simone Cusenza Acrobatica AEREA Giulia	Acrobatica AEREA Giulia	
mer					Calisthenics Simone Cusenza	Strength Simone Panizza Calisthenics Simone Cusenza	Calisthenics Simone Cusenza	Strength Simone Panizza	
gio						Acrobatica AEREA Giulia	Calisthenics Simone Cusenza		
ven	Strength Simone Panizza					Strength Simone Panizza Calisthenics Simone Cusenza	Strength Simone Panizza Acrobatica AEREA Giulia		
sab		Calisthenics Simone Cusenza		HANDSTAND & Mobility Simone Cusenza					

PLANNING POWERLIFTING

18.00

21.00

lun

POWERLIFTING
18.00 - 21.00
Simone Panizza

mar

mer

POWERLIFTING
18.00 - 21.00
Simone Panizza

gio

ven

POWERLIFTING
18.00 - 21.00
Simone Panizza

sab

PLANNING COMBAT

	12.45	18.00	18.30	19.00	19.30	20.30
lun	Muay Thai Gualtiero			Muay Thai Gualtiero <hr/> Pugilato Manuele		
mar	Muay Thai Gualtiero	Muay Thai KIDS Gualtiero	Kick Boxing K1 style Ahmed		MMA Francesco	Muay Thai Gualtiero
mer	Muay Thai Gualtiero			Muay Thai Gualtiero <hr/> Pugilato Manuele		
gio	Muay Thai Gualtiero		Kick Boxing K1 style Ahmed		MMA Francesco	Muay Thai Gualtiero
ven	Muay Thai Gualtiero	Muay Thai KIDS Gualtiero <hr/> Pugilato Manuele	Kick Boxing K1 style Ahmed	Muay Thai Gualtiero		
sab						