



# FITNESS OUTDOOR

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	10.00 - 11.00 <b>PILAFIT</b> <i>Antonello</i>	10.00 - 11.00 <b>YOFIT</b> <i>Elisa</i>	10.00 - 11.00 <b>PILAFIT</b> <i>Antonello</i>		
13.30 - 14.20 <b>FTC TRAINING</b> <i>Stefano Moschetta</i>	13.30 - 14.20 <b>CARDIOFIT</b> <i>Giorgia</i>	13.30 - 14.20 <b>BOOTCAMP</b> <i>Daniele</i>	13.30 - 14.20 <b>CARDIOFIT</b> <i>Giorgia</i>	13.30 - 14.20 <b>FTC TRAINING</b> <i>Stefano Moschetta</i>	11.00 - 12.00 <b>FUNCTIONAL TRAINING</b> <i>Maurizio</i>
	18.30 - 19.20 <b>MACUMBA</b> <i>Cinzia</i>		18.30 - 19.20 <b>MACUMBA</b> <i>Cinzia</i>		12.00 - 13.00 <b>YOFIT</b> <i>Federica</i>
19.00 - 19.50 <b>CIRCUIT TRAINING</b> <i>Valerio</i>	19.20 - 20.10 <b>FUNCTIONAL TRAINING</b> <i>Maurizio</i>	19.30 - 20.20 <b>PREPUGILISTICA</b> <i>Antonello</i>	19.20 - 20.10 <b>HIIT</b> <i>Ilenia</i>	19.00 - 19.50 <b>BODYWEIGHT</b> <i>Sara</i>	