

PALINSESTO 2024/2025

Lunedì

H 9:00

TOTAL BODY SENIOR
CARDIO FITNESS
SWITCHING
HYROX

H10:00

TOTAL BODY WORKOUT
CARDIO FITNESS
SWITCHING
HYROX

H14:30

FUNCTIONAL TRAINING
CARDIO FITNESS
SWITCHING
HYROX

H17:00

AVV. SPORT
CARDIO FITNESS
SWITCHING
HYROX

H18:00

TOTAL BODY WORKOUT
CARDIO FITNESS
SWITCHING
HYROX

H19:00

FUNCTIONAL TRAINING
CARDIO FITNESS
SWITCHING
HYROX

H20:00

FUNCTIONAL TRAINING
OCR - (CAMPO OSTACOLI)
CARDIO FITNESS
SWITCHING
HYROX

H21:00

Martedì

PILATES

TRX
CARDIO FITNESS
SWITCHING
HYROX

CARDIO FITNESS
SWITCHING
HYROX

CARDIO FITNESS
SWITCHING
HYROX

PILATES

TRX
CARDIO FITNESS
SWITCHING
HYROX

CALISTHENICS

Mercoledì

TOTAL BODY SENIOR
CARDIO FITNESS
SWITCHING
HYROX

TOTAL BODY WORKOUT
CARDIO FITNESS
SWITCHING
HYROX

FUNCTIONAL TRAINING
CARDIO FITNESS
SWITCHING
HYROX

AVV. SPORT
CARDIO FITNESS
SWITCHING
HYROX

TOTAL BODY WORKOUT
CARDIO FITNESS
SWITCHING
HYROX

FUNCTIONAL TRAINING
CARDIO FITNESS
SWITCHING
HYROX

FUNCTIONAL TRAINING
OCR (CAMPO OSTACOLI)
CARDIO FITNESS
SWITCHING
HYROX

Giovedì

PILATES

TRX
CARDIO FITNESS
SWITCHING
HYROX

CARDIO FITNESS
SWITCHING
HYROX

CARDIO FITNESS
SWITCHING
HYROX

PILATES

TRX
CARDIO FITNESS
SWITCHING
HYROX

CALISTHENICS

Venerdì

TOTAL BODY SENIOR
CARDIO FITNESS
SWITCHING
HYROX

TOTAL BODY WORKOUT
CARDIO FITNESS
SWITCHING
HYROX

FUNCTIONAL TRAINING
CARDIO FITNESS
SWITCHING
HYROX

CARDIO FITNESS
SWITCHING
HYROX

TOTAL BODY WORKOUT
CARDIO FITNESS
SWITCHING
HYROX

FUNCTIONAL TRAINING
CARDIO FITNESS
SWITCHING
HYROX

FUNCTIONAL TRAINING
OCR (CAMPO OSTACOLI)
CARDIO FITNESS
SWITCHING
HYROX

