



# PALINSESTO 2023/2024

**Lunedì**

**Martedì**

**Mercoledì**

**Giovedì**

**Venerdì**

**h 9:00**

**T.Body Senior**

**Pilates**

**T.Body Senior**

**Pilates**

**T.Body Senior**

**h10:00**

**T.Body Workout**

**TRX**

**T.Body Workout**

**TRX**

**T.Body Workout**

**h11:00**

**h14:30**

**Func.Training**

**Func.Training**

**Func.Training**

**h16:00**

**h17:00**

**Avv. Sport**

**OCR Kids**

**Avv. Sport**

**OCR Kids**

**h18:00**

**T.Body Workout**

**Open Gym**

**T.Body Workout**

**Open Gym**

**T.Body Workout**

**h19:00**

**Func.Training**

**Pilates**

**Func.Training**

**Pilates**

**Func.Training**

**h20:00**

**Func.Training**

**TRX**

**Func.Training**

**TRX**
































**Func.Training**

**h21:00**

**Calisthenics**

**Calisthenics**

# Switching - Cardio Fitness - Hyrox

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
h 9:00					
h10:00					
h14:30					
h17:00					
h18:00					
h19:00					
h20:00					
h21:00					

## MUDDERS TRAINING OCR

**LUNEDI' - MERCOLEDI' - VENERDI' H20:10 - 21:10**