

**PLANNING SETTIMANALE CORSI**

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7:00 – 8:00 STRONG TRAINING	7:00 – 8:00 FUNCTIONAL TRAINING	7:00 – 8:00 STRONG TRAINING	7:00 – 8:00 FUNCTIONAL TRAINING	7:00 – 8:00 STRONG TRAINING	
					11:00 – 12:00 STRONG TRAINING
12:45 – 13:30 AEROBIC CIRCUIT / YOGA	12:45 – 13:30 STRONG TRAINING	12:45 – 13:30 POWER YOGA	12:45 – 13:30 STRONG TRAINING	12:45 – 13:30 PILATES	
13:30 – 14:15 AEROBIC CIRCUIT	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:15 POSTURAL YOGA THERAPY	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:15 PILATES	
17:45 – 18:30 AEROBIC CIRCUIT	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 STRONG TRAINING	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 AEROBIC CIRCUIT	
18:30 – 19:30 POSTURAL YOGA THERAPY	18:30 – 19:30 STRONG TRAINING	18:30 – 19:55 POWER YOGA MIX LEVEL	18:30 – 19:30 STRONG TRAINING	18:30 – 19:30 POSTURAL YOGA THERAPY	
19:30 – 20:20 PILATES	19:30 – 20:30 CALISTHENICS	20:00 – 21:55 WIN TSUN / ESCRIMA	19:30 – 20:30 CALISTHENICS	20:30 – 21:30 JU JITSU	

GLI ORARI POSSONO SUBIRE VARIAZIONI. PER MAGGIORI INFORMAZIONI CONSULTARE LA PAGINA "REGOLAMENTO" DEL NOSTRO SITO WEB [WWW.DYNAMIC.SM](http://WWW.DYNAMIC.SM)