

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 MOBILITY	7:00 – 8:00 FUNCTIONAL TRAINING	7:00 – 8:00 STRONG TRAINING	
					9:00 – 10:00 STRONG TRAINING
12:45 – 13:30 FUNCTIONAL CIRCUIT	12:45 – 13:30 STRONG TRAINING	12:45 – 13:30 POWER YOGA	12:45 – 13:30 STRONG TRAINING	12:45 – 13:30 GAG	
13:30 – 14:15 FUNCTIONAL CIRCUIT	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:15 POSTURAL YOGA	13:30 – 14:15 FUNCTIONAL TRAINING	13:30 – 14:15 GAG	
	17:00 – 17:45 FUNCTIONAL TRAINING	17:00 – 17:45 FUNCTIONAL TRAINING	17:00 – 17:45 FUNCTIONAL TRAINING		
17:45 – 18:30 FUNCTIONAL CIRCUIT	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 STRONG TRAINING	17:45 – 18:30 FUNCTIONAL TRAINING	17:45 – 18:30 FUNCTIONAL CIRCUIT	
18:30 – 19:30 PILATES MAT/BARRE	18:30 – 19:30 STRONG TRAINING	18:30 – 19:30 POWER YOGA	18:30 – 19:30 STRONG TRAINING	18:30 – 19:30 PILATES MAT/BARRE	
19:30 – 20:30 POSTURAL YOGA	19:30 – 20:30 CALISTHENICS		19:30 – 20:30 CALISTHENICS		

GLI ORARI POSSONO SUBIRE VARIAZIONI. PER MAGGIORI INFORMAZIONI CONSULTARE LA PAGINA "REGOLAMENTO" DEL NOSTRO SITO WEB WWW.DYNAMIC.SM