

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
			08:30 - 09:15 F. FUNCTIONAL TRAINING Gianluca	08:15 - 09:00 F. SKILL BIKE TRAINING Daniele V.	
	09:30 - 10:15 F. SALUTE DINAMICA Gianluca	09:30 - 10:00 F. TRX UPPER BODY Antonio	09:30 - 10:15 F. TOTAL BODY Debora	09:20 - 10:05 F. SKILL BIKE TRAINING Daniele V.	
		10:15 - 10:45 F. TRX LOW BODY Antonio	10:30 - 11:15 F. SALUTE DINAMICA Gianluca		10:30 (REPLAY) F. PILATES Elena
			11:30 - 12:15 F. POSTURAL PILATES Francesca		
			12:30 - 13:30 HIIT TRAINING Carlotta		
			13:35 - 14:30 F. SQUARE GAME Antonio/Carlotta		
			16:30 - 17:15 F. PILATES REVOLUTION Luca		16:30 (REPLAY) F. TOTAL BODY Claudia
			17:25 - 18:15 F. BOOTCAMP Luca	17:30 - 18:15 F. SKILL BIKE TRAINING Carlotta	
			18:25 - 19:10 F. BOOTCAMP Luca	18:30 - 19:15 F. SKILL BIKE TRAINING Carlotta	
19:00 - 19:45 F. CROSSFIT Mirko			19:20 - 20:20 F. STEP Biagio		
		19:45 - 20:45 F. BOOTCAMP Daniele V.			
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB

LUNEDI' 26 APRILE

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
			08:15 - 09:00 F. FUNCTIONAL STRENGTH Massimo	08:00 - 08:45 F. SKILL BIKE TRAINING Carlo	
	09:00 - 10:00 F. YOGA Fabiana	09:30 - 10:00 F. TRX MOBILITY TRAINING Antonio	09:10 - 09:55 F. FUNCTIONAL TRAINING Massimo		
10:15 - 10:45 F. CARDIO KETTLEBELLS Antonio	10:30 - 11:15 F. POSTURALE Davide		10:10 - 10:55 F. TOTAL BODY Laura		
		11:00 - 11:30 F. TRX GLUTEI & ABS Antonio	11:10 - 11:55 F. LOW BODY Laura		
	12:30 - 13:30 F. STRETCHING Carlotta		12:10 - 12:55 F. CONDITIONING Andrea P.		12:30 (ON DEMAND) F. FUNCTIONAL TRAINING Carlotta, Andrea, Antonio
			13:10 - 14:00 F. TOTAL BODY Andrea P.		
	16:45 - 17:15 F. DUMBLE ROPE Andrea		16:45 - 17:30 F. LOW BODY Claudia DM		16:30 (ON DEMAND) F. VINYASA YOGA Giorgia
	17:30 - 18:00 F. ABS ROPE Andrea	18:30 - 20:15 F. CALISTHENICS Andrea	17:40 - 18:25 F. TOTAL BODY Claudia DM	17:30 - 18:15 F. SKILL BIKE TRAINING Antonio	
			18:35 - 19:20 F. LOW BODY Claudia DM	18:30 - 19:15 F. SKILL BIKE TRAINING Antonio	
			19:30 - 20:15 F. FUNCTIONAL YOGA Daniele V.		
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB

MARTEDI' 27 APRILE

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
				07:30 - 08:15 F. SKILL BIKE TRAINING Daniele V.	
			08:30 - 09:15 F. FUNCTIONAL TRAINING Gianluca	08:30 - 09:15 F. SKILL BIKE TRAINING Daniele V.	
	09:30 - 10:15 F. SALUTE DINAMICA Gianluca	09:30 - 10:00 F. TRX GLUTEI & ABS Daniele V.	09:30 - 10:15 F. TOTAL BODY Debora		
		10:15 - 10:45 F. TRX MOBILITY TRAINING Carlotta	10:30 - 11:15 F. SALUTE DINAMICA Gianluca		
			11:30 - 12:15 F. POSTURAL PILATES Francesca		
			12:30 - 13:30 HIIT TRAINING Carlotta		12:30 (LIVE) F. BODYWEIGHT WORKOUT Andrea
			13:35 - 14:30 F. SQUARE GAME Antonio/Carlotta		
16:30 - 17:00 F. CARDIO KETTLEBELLS Oskar			16:30 - 17:15 F. YOGA REVOLUTION Luca		
		17:15 - 17:45 F. TRX TOTAL BODY Oskar	17:25 - 18:15 F. POWER BODY Luca	17:30 - 18:15 F. SKILL BIKE TRAINING Carlotta	
			18:25 - 19:10 F. POWER BODY Luca	18:30 - 19:15 F. SKILL BIKE TRAINING Carlotta	
19:00 - 19:45 F. CROSSFIT Mirko			19:20 - 20:20 F. STEP Biagio		
		19:45 - 20:45 F. BOOTCAMP Daniele V.			
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB

MERCOLEDI' 28 APRILE

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
			08:15 - 09:00 F. FUNCTIONAL STRENGTH Massimo	08:00 - 08:45 F. SKILL BIKE TRAINING Carlo	
	09:00 - 10:00 F. YOGA Fabiana	09:30 - 10:00 F. TRX LOW BODY Carlotta	09:10 - 09:55 F. FUNCTIONAL TRAINING Massimo		
			10:10 - 10:55 F. TOTAL BODY Laura		
11:00 - 11:30 F. CARDIO KETTLEBELLS Carlotta	10:30 - 11:15 F. POSTURALE Davide	10:15 - 10:45 F. TRX UPPER BODY Carlotta	11:10 - 11:55 F. LOW BODY Laura		11:30 (LIVE) F. SQUARE GAME Antonio
			12:10 - 12:55 F. CONDITIONING Andrea P.		12:30 (LIVE) F. STRETCHING Carlotta
			13:10 - 14:00 F. TOTAL BODY Andrea P.		
	16:45 - 17:15 F. DUMBLE ROPE Andrea		16:45 - 17:30 F. LOW BODY Claudia DM		
	17:30 - 18:00 F. ABS ROPE Andrea	18:30 - 20:15 F. CALISTHENICS Andrea	17:40 - 18:25 F. TOTAL BODY Claudia DM	17:30 - 18:15 F. SKILL BIKE TRAINING Antonio	
18:30 - 19:00 F. METABOLIC BODYWEIGHT Daniele V.			18:35 - 19:20 F. LOW BODY Claudia DM	18:30 - 19:15 F. SKILL BIKE TRAINING Antonio	
			19:30 - 20:15 F. FUNCTIONAL YOGA Daniele V.		
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB

GIOVEDI' 29 APRILE

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
	09:30 - 10:15 F. SALUTE DINAMICA Gianluca				
	10:30 - 11:15 F. YOGA Luca		08:30 - 09:15 F. FUNCTIONAL TRAINING Gianluca	08:30 - 09:15 F. SKILL BIKE TRAINING Daniele V.	
	11:30 - 12:15 F. RUN FIT Luca		9:30 - 10:15 F. TOTAL BODY Debora	09:30 - 10:15 F. SKILL BIKE TRAINING Daniele V.	
		10:30 - 11:00 F. TRX TOTAL BODY Antonio	10:30 - 11:15 F. SALUTE DINAMICA Gianluca		10:30 (REPLAY) F. HIIT Carlotta
			11:30 - 12:15 F. POSTURAL PILATES Francesca		
	15:30 - 16:45 F. VINYASA YOGA Giorgia		12:30 - 13:30 HIIT TRAINING Carlotta		
			13:35 - 14:30 F. SQUARE GAME Antonio/Carlotta		
			17:30 - 18:15 F. TOTAL BODY Giovanni		
	19:00 - 19:45 F. YOGILATES Antonio	18:30 - 19:00 F. TRX LOW BODY Daniele V.	18:30 - 19:15 F. TOTAL BODY Giovanni	18:00 - 18:45 F. SKILL BIKE TRAINING Andrea	
19:00 - 19:45 F. CROSSFIT Mirko			19:20 - 20:20 F. STEP Biagio		
		19:45 - 20:45 F. BOOTCAMP Daniele V.			
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB

VENERDI' 30 APRILE

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB	
	<p data-bbox="479 233 721 303">09:30 - 10:15 F. PILATES FLOW Francesca</p> <p data-bbox="479 325 721 395">10:30 - 11:15 F. POSTURAL PILATES Francesca</p>	<p data-bbox="810 233 1052 303">09:30 - 10:15 F. CROSSFIT TRAINING Daniele B.</p> <p data-bbox="810 325 1052 395">10:30 - 11:30 F. BOOTCAMP Daniele V.</p>	<p data-bbox="1142 233 1384 303">09:30 - 10:15 F. ZUMBA Laura</p> <p data-bbox="1142 325 1384 395">10:30 - 11:15 F. TOTAL BODY Laura</p> <p data-bbox="1142 418 1384 488">11:30 - 12:30 F. TOTAL BODY Laura</p>	<p data-bbox="1473 233 1715 303">09:30 - 10:15 F. SKILL BIKE TRAINING Daniele V.</p>		
<p data-bbox="147 628 430 699">14:45 - 15:15 F. METABOLIC BODYWEIGHT Daniele V.</p>					<p data-bbox="1805 810 2047 880">16:30 (ON DEMAND) F. CONDITIONING Andrea Paula</p>	
				<p data-bbox="1473 1043 1715 1114">17:00 - 17:45 F. SKILL BIKE TRAINING Daniele V.</p>		
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB	
SABATO 1 MAGGIO						

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB	
			<div data-bbox="1137 252 1429 325"> <p>09:30 - 10:15 F. TOTAL BODY Claudia M.</p> </div> <div data-bbox="1137 347 1429 421"> <p>10:30 - 11:15 F. TOTAL BODY Claudia M.</p> </div> <div data-bbox="1137 443 1429 517"> <p>11:30 - 12:15 F. PILATES Claudia M.</p> </div>	<div data-bbox="1469 347 1760 421"> <p>10:30 - 11:15 F. SKILL BIKE TRAINING Carlotta</p> </div> <div data-bbox="1469 443 1760 517"> <p>11:30 - 12:15 F. SKILL BIKE TRAINING Carlotta</p> </div>	<div data-bbox="1800 347 2092 421"> <p>10:30 (REPLAY) F. STRETCHING Carlotta</p> </div>	
<div data-bbox="147 625 434 699"> <p>14:45 - 15:15 F. OMNIA CARDIO TRAINING Carlotta</p> </div>						
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB	

DOMENICA 2 MAGGIO