

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
				07:20 - 08:05 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
			08:30 - 09:15 <b>F. FUNCTIONAL TRAINING</b> Gianluca	08:20 - 09:05 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
	09:30 - 10:15 <b>F. SALUTE DINAMICA</b> Gianluca	09:30 - 10:00 <b>F. TRX UPPER BODY</b> Antonio	09:30 - 10:15 <b>F. TOTAL BODY</b> Debora	09:20 - 10:05 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
		10:15 - 10:45 <b>F. TRX LOW BODY</b> Antonio	10:30 - 11:15 <b>F. SALUTE DINAMICA</b> Gianluca		10:30 (REPLAY) <b>F. PILATES</b> Elena
			11:30 - 12:15 <b>F. POSTURAL PILATES</b> Francesca		
			12:30 - 13:30 <b>HIIT TRAINING</b> Carlotta		
			13:35 - 14:30 <b>F. SQUARE GAME</b> Antonio/Carlotta		
			16:30 - 17:15 <b>F. PILATES REVOLUTION</b> Luca		16:30 (ON DEMAND) <b>F. STEP</b> Biagio
		17:00 - 17:40 <b>F. TONE &amp; BURN</b> Antonio	17:25 - 18:15 <b>F. BOOTCAMP</b> Luca	17:15 - 18:00 <b>F. SKILL BIKE TRAINING</b> Carlotta	
			18:25 - 19:10 <b>F. BOOTCAMP</b> Luca	18:15 - 19:00 <b>F. SKILL BIKE TRAINING</b> Carlotta	
19:00 - 19:45 <b>F. CROSSFIT</b> Mirko			19:20 - 20:20 <b>F. STEP</b> Biagio		
		19:45 - 20:45 <b>F. BOOTCAMP</b> Daniele V.			
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB

LUNEDI' 3 MAGGIO

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
07:30 - 08:00 <b>F. TONE &amp; BURN</b> All Round			08:15 - 09:00 <b>F. FUNCTIONAL STRENGTH</b> Massimo	08:00 - 08:45 <b>F. SKILL BIKE TRAINING</b> Carlo	
	09:00 - 10:00 <b>F. YOGA</b> Fabiana	09:30 - 10:00 <b>F. TRX MOBILITY TRAINING</b> Antonio	09:10 - 09:55 <b>F. FUNCTIONAL TRAINING</b> Massimo		
10:15 - 10:45 <b>F. CARDIO KETTLEBELLS</b> Antonio	10:30 - 11:15 <b>F. POSTURALE</b> Davide		10:10 - 10:55 <b>F. TOTAL BODY</b> Laura		10:30 (ON DEMAND) <b>F. FUNCTIONAL TRAINING</b> Carlotta, Andrea, Antonio
		11:00 - 11:30 <b>F. TRX GLUTEI &amp; ABS</b> Antonio	11:10 - 11:55 <b>F. LOW BODY</b> Laura		
	12:30 - 13:30 <b>F. STRETCHING</b> Carlotta		12:10 - 12:55 <b>F. CONDITIONING</b> Andrea P.		
			13:10 - 14:00 <b>F. TOTAL BODY</b> Andrea P.		
	16:45 - 17:15 <b>F. DUMBBELLS &amp; ROPE</b> Andrea		16:45 - 17:30 <b>F. LOW BODY</b> Claudia DM		16:30 (ON DEMAND) <b>F. VINYASA YOGA</b> Giorgia
	17:30 - 18:00 <b>F. ABS ROPE</b> Andrea	18:30 - 20:15 <b>F. CALISTHENICS</b> Andrea	17:40 - 18:25 <b>F. TOTAL BODY</b> Claudia DM	17:15 - 18:00 <b>F. SKILL BIKE TRAINING</b> Antonio	
			18:35 - 19:20 <b>F. LOW BODY</b> Claudia DM	18:15 - 19:00 <b>F. SKILL BIKE TRAINING</b> Antonio	
			19:30 - 20:15 <b>F. FUNCTIONAL YOGA</b> Daniele V.		
<b>OUTDOOR GYM 1</b>	<b>GYM PARK</b>	<b>OUTDOOR GYM 2</b>	<b>ZONA OPEN 3</b>	<b>SKILL BIKE OPEN</b>	<b>WEB</b>

**MARTEDI' 4 MAGGIO**

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
				07:30 - 08:15 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
			08:30 - 09:15 <b>F. FUNCTIONAL TRAINING</b> Gianluca	08:30 - 09:15 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
	09:30 - 10:15 <b>F. SALUTE DINAMICA</b> Gianluca	09:30 - 10:00 <b>F. TRX GLUTEI &amp; ABS</b> Daniele V.	09:30 - 10:15 <b>F. TOTAL BODY</b> Debora		
		10:15 - 10:45 <b>F. TRX MOBILITY TRAINING</b> Carlotta	10:30 - 11:15 <b>F. SALUTE DINAMICA</b> Gianluca		
			11:30 - 12:15 <b>F. POSTURAL PILATES</b> Francesca		
			12:30 - 13:30 <b>HIIT TRAINING</b> Carlotta		12:30 (LIVE) <b>F. BODYWEIGHT WORKOUT</b> Andrea
			13:35 - 14:30 <b>F. SQUARE GAME</b> Antonio/Carlotta		
17:00 - 17:30 <b>F. CARDIO KETTLEBELLS</b> Oskar		17:00 - 17:40 <b>F. TONE &amp; BURN</b> All Round	16:30 - 17:15 <b>F. YOGA REVOLUTION</b> Luca		
			17:25 - 18:15 <b>F. POWER BODY</b> Luca	17:15 - 18:00 <b>F. SKILL BIKE TRAINING</b> Carlotta	
			18:25 - 19:10 <b>F. POWER BODY</b> Luca	18:15 - 19:00 <b>F. SKILL BIKE TRAINING</b> Carlotta	
19:00 - 19:45 <b>F. CROSSFIT</b> Mirko			19:20 - 20:20 <b>F. STEP</b> Biagio		
		19:45 - 20:45 <b>F. BOOTCAMP</b> Daniele V.			
<b>OUTDOOR GYM 1</b>	<b>GYM PARK</b>	<b>OUTDOOR GYM 2</b>	<b>ZONA OPEN 3</b>	<b>SKILL BIKE OPEN</b>	<b>WEB</b>

**MERCOLEDI' 5 MAGGIO**

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
07:30 - 08:00 <b>F. TONE &amp; BURN</b> All Round			08:15 - 09:00 <b>F. FUNCTIONAL STRENGTH</b> Massimo	08:00 - 08:45 <b>F. SKILL BIKE TRAINING</b> Carlo	
	09:00 - 10:00 <b>F. YOGA</b> Fabiana	09:30 - 10:00 <b>F. TRX LOW BODY</b> Carlotta	09:10 - 09:55 <b>F. FUNCTIONAL TRAINING</b> Massimo		
	10:30 - 11:15 <b>F. POSTURALE</b> Davide	10:15 - 10:45 <b>F. TRX UPPER BODY</b> Carlotta	10:10 - 10:55 <b>F. TOTAL BODY</b> Laura		
11:00 - 11:30 <b>F. CARDIO KETTLEBELLS</b> Carlotta			11:10 - 11:55 <b>F. LOW BODY</b> Laura		
	12:30 - 13:30 <b>F. STRETCHING</b> Carlotta		12:10 - 12:55 <b>F. CONDITIONING</b> Andrea P.		11:30 (LIVE) <b>F. SQUARE GAME</b> Antonio
			13:10 - 14:00 <b>F. TOTAL BODY</b> Andrea P.		
	16:45 - 17:15 <b>F. DUMBBELLS &amp; ROPE</b> Andrea		16:45 - 17:30 <b>F. LOW BODY</b> Claudia DM		
	17:30 - 18:00 <b>F. ABS ROPE</b> Andrea	18:30 - 20:15 <b>F. CALISTHENICS</b> Andrea	17:40 - 18:25 <b>F. TOTAL BODY</b> Claudia DM	17:15 - 18:00 <b>F. SKILL BIKE TRAINING</b> Antonio	
18:30 - 19:00 <b>F. METABOLIC BODYWEIGHT</b> Daniele V.			18:35 - 19:20 <b>F. LOW BODY</b> Claudia DM	18:15 - 19:00 <b>F. SKILL BIKE TRAINING</b> Antonio	
			19:30 - 20:15 <b>F. FUNCTIONAL YOGA</b> Daniele V.		
<b>OUTDOOR GYM 1</b>	<b>GYM PARK</b>	<b>OUTDOOR GYM 2</b>	<b>ZONA OPEN 3</b>	<b>SKILL BIKE OPEN</b>	<b>WEB</b>

**GIOVEDI' 6 MAGGIO**

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
	09:30 - 10:15 <b>F. SALUTE DINAMICA</b> Gianluca				
	10:30 - 11:15 <b>F. YOGA</b> Luca		08:30 - 09:15 <b>F. FUNCTIONAL TRAINING</b> Gianluca	08:30 - 09:15 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
	11:30 - 12:15 <b>F. RUN FIT</b> (Campo di Calcio a 5) Luca		9:30 - 10:15 <b>F. TOTAL BODY</b> Debora	09:30 - 10:15 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
		10:30 - 11:00 <b>F. TRX TOTAL BODY</b> Daniele V.	10:30 - 11:15 <b>F. SALUTE DINAMICA</b> Gianluca		10:30 (REPLAY) <b>F. PILATES</b> Ilaria
			11:30 - 12:15 <b>F. POSTURAL PILATES</b> Francesca		
	15:30 - 16:45 <b>F. VINYASA YOGA</b> Giorgia		12:30 - 13:30 <b>HIIT TRAINING</b> Carlotta		
17:00 - 17:30 <b>F. METABOLIC &amp; TONE</b> All Round			13:35 - 14:30 <b>F. SQUARE GAME</b> Antonio/Carlotta		
			17:30 - 18:15 <b>F. TOTAL BODY</b> Giovanni		
	19:00 - 19:45 <b>F. YOGILATES</b> Antonio	18:30 - 19:00 <b>F. TRX LOW BODY</b> Daniele V.	18:30 - 19:15 <b>F. TOTAL BODY</b> Giovanni	18:00 - 18:45 <b>F. SKILL BIKE TRAINING</b> Andrea	
19:00 - 19:45 <b>F. CROSSFIT</b> Mirko			19:20 - 20:20 <b>F. STEP</b> Biagio		
		19:45 - 20:45 <b>F. BOOTCAMP</b> Daniele V.			
<b>OUTDOOR GYM 1</b>	<b>GYM PARK</b>	<b>OUTDOOR GYM 2</b>	<b>ZONA OPEN 3</b>	<b>SKILL BIKE OPEN</b>	<b>WEB</b>

**VENERDI' 7 MAGGIO**

OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB
08:15 - 09:00 <b>F. TONE &amp; BURN</b> All Round	09:30 - 10:15 <b>F. PILATES FLOW</b> Francesca	09:30 - 10:15 <b>F. CROSSFIT TRAINING</b> Daniele B.	09:30 - 10:15 <b>F. ZUMBA</b> Laura	09:30 - 10:15 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
	10:00 - 10:50 <b>F. CHI KUNG OPEN</b> <b>ESERCIZI TAOISTI</b> (Campo di Calcio a 5) Maurizio	10:30 - 11:30 <b>F. BOOTCAMP</b> Daniele V.	10:30 - 11:15 <b>F. TOTAL BODY</b> Laura		
	10:30 - 11:15 <b>F. POSTURAL PILATES</b> Francesca		11:30 - 12:30 <b>F. TOTAL BODY</b> Laura		
	11:00 - 11:50 <b>F. CHI KUNG OPEN</b> <b>STUDIO DELLA FORMA</b> (Campo di Calcio a 5) Maurizio				
14:45 - 15:15 <b>F. METABOLIC BODYWEIGHT</b> Daniele V.					
					16:30 (ON DEMAND) <b>F. CONDITIONING</b> Andrea Paula
				17:00 - 17:45 <b>F. SKILL BIKE TRAINING</b> Daniele V.	
<b>OUTDOOR GYM 1</b>	<b>GYM PARK</b>	<b>OUTDOOR GYM 2</b>	<b>ZONA OPEN 3</b>	<b>SKILL BIKE OPEN</b>	<b>WEB</b>

**SABATO 8 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  <b>F. TOTAL BODY</b>            Claudia M.</p> </div> <div data-bbox="1137 347 1429 421"> <p>10:30 - 11:15  <b>F. TOTAL BODY</b>            Claudia M.</p> </div> <div data-bbox="1137 443 1429 517"> <p>11:30 - 12:15  <b>F. PILATES</b>            Claudia M.</p> </div>	<div data-bbox="1469 347 1760 421"> <p>10:30 - 11:15  <b>F. SKILL BIKE TRAINING</b>            Carlotta</p> </div> <div data-bbox="1469 443 1760 517"> <p>11:30 - 12:15  <b>F. SKILL BIKE TRAINING</b>            Carlotta</p> </div>	<div data-bbox="1800 347 2092 421"> <p>10:30 (ON DEMAND)  <b>F. FUNCTIONAL YOGA</b>            Daniele V.</p> </div>	
<div data-bbox="147 625 434 699"> <p>14:45 - 15:15  <b>F. OMNIA CARDIO TRAINING</b>            Carlotta</p> </div>						
OUTDOOR GYM 1	GYM PARK	OUTDOOR GYM 2	ZONA OPEN 3	SKILL BIKE OPEN	WEB	

**DOMENICA 9 MAGGIO**