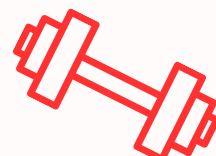


# SPORTART



## ORARIO FITNESS 2024/2025

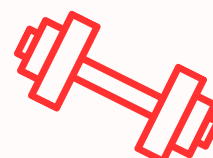


	Lunedì	Martedì	Mercoledì
16.00/17.00	PUSH DAY	Ginnastica Posturale	PULL DAY
17.00/18.00	Kettlebell Training 17.00/17.45	Functional Training 17.00/17.45	Kettlebell Training 17.00/17.45
18.00/19.00	Functional Training 17.45/18.30	Ginnastica Posturale 17.45/18.30	Functional Training 17.45/18.30
19.00/20.00	WOD TRAINING INT 18.30/19.30	Cross Training 18.30/19.30	WOD TRAINING INT 18.30/19.30
20.00/21.00	SPARTAN TRAINING 19.30/20.30	WOD TRAINING INT 19.30/20.30	SPARTAN TRAINING 19.30/20.30
21.00/22.00	PUSH DAY	SPLIT DAY A	PULL DAY

# SPORTART



## ORARIO FITNESS 2024/2025



	Giovedì	Venerdì	Sabato
16.00/17.00	Ginnastica Posturale	LEG DAY	
17.00/18.00	Functional Training 17.00/17.45	Kettlebell Training 17.00/17.45	
18.00/19.00	Ginnastica Posturale 17.45/18.30	HIIT 17.45/18.30	
19.00/20.00	Cross Training 18.30/19.30	WOD TRAINING INT 18.30/19.30	
20.00/21.00	WOD TRAINING INT 19.30/20.30	WOD TRAINING INT 19.30/20.30	
21.00/22.00	SPLIT DAY B	LEG DAY	