



IMPIANTO STALINGRADO

AREA STRENGHT

	LUN	MAR	MER	GIO	VEN	SAB
7:00 - 8:00	CROSS T.	CROSS T.	CROSS T.		CROSS T.	
8:00 - 9:00	OPEN GYM		OPEN GYM		OPEN GYM	
9:00 - 10:00	OPEN GYM		OPEN GYM		OPEN GYM	
10:00 - 11:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11:00 - 12:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	WEIGHTLIFTING
12:00 - 13:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	ENDURANCE
13:15 - 14:15	ENDURANCE	CROSS T.	TACFIT	CROSS T.	CROSS T.	OPEN GYM
14:15 - 15:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
15:00 - 16:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
16:00 - 17:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CALISTHENICS	
17:00 - 18:00	CALISTHENICS	CALISTHENICS	CALISTHENICS	CALISTHENICS	CALISTHENICS	
18:00 - 19:00	CROSS T.	CROSS T.	ENDURANCE	CROSS T.	ENDURANCE	
19:00 - 20:00	CROSS T.	CALISTHENICS	CROSS T.	CALISTHENICS	CROSS T.	
20:00 - 21:00	CALISTHENICS	TACFIT	CALISTHENICS	TACFIT		



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AREA COMBAT

	LUN	MAR	MER	GIO	VEN	SAB
BOXE TRAINING	13:00 - 14:00		13:00 - 14:00		13:00 - 14:00	
	18:30 - 19:30	19:30 - 21:00	18:30 - 19:30	19:30 - 21:00	18:00 - 19:00	
THAI BOXE		13:15 - 14:15		13:15 - 14:15		10:30 - 11:30
	SOLO AGONISTI 17.30 - 19:00	UNIFICATO 18:00 - 19:30	SOLO AGONISTI 17.30 - 19:00	UNIFICATO 18:00 - 19:30	SOLO AGONISTI 17.30 - 19:00	
	19:30 - 20:30		19:30 - 20:30		19:00 - 20:00	
BRAZILIAN JIU JITSU	20:30 - 22:00		20:30 - 22:00	20:00 - 21:00	20:00 - 21:30	



IMPIANTO STALINGRADO

LAB AEREA

LUN	MAR	MER	GIO	VEN	SAB
			11:00 - 12:30 TESSUTI MISTO	13:30 - 15:00 TESSUTI MISTO	15.00 - 18:00 ALLENAMENTO LIBERO/SEMINARI
17:15 - 18:15 UNDER 12	16:30 - 18:00 UNDER 20	17:00 - 18:30 UNDER 20		17.15 - 18:15 UNDER 12	
18:15 - 19:45 TESSUTI PRINCIPIANTI		18:30 - 19:30 AERIAL FIT	18:00 - 19:30 CLASSE TECNICA ESPERTI	18:30 - 20.00 TESSUTI INTERMEDI LIVELLO 1	
19:45 - 21:45 TESSUTI INTERMEDI LIVELLO 2		19.45 - 21:15 TESSUTI PRINCIPIANTI			

IYENGAR YOGA - GINNASTICA DOLCE

LUN	MAR	MER	GIO	VEN	SAB
09:30 - 10:30 GINNASTICA DOLCE		09:30 - 10:30 GINNASTICA DOLCE		09:30 - 10:30 GINNASTICA DOLCE	
	18:30 - 19:45 IYENGAR YOGA				
			19:45-21:00 IYENGAR YOGA		



IMPIANTO STALINGRADO

AREA YOUNG

	LUN	MAR	MER	GIO	VEN	SAB
THAI BOXE YOUNG		17:00 - 18:00		17:00 - 18:00		
TESSUTI AEREI UNDER 12	17:15 - 18:15 CHIARA				17:15- 18:15 ARIANNA	