



MILANO TRAINING CLUB - PLANNING 2020/2021

ora	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO		DOMENICA
	OUTDOOR	ZOOM	OUTDOOR	ZOOM	OUTDOOR	ZOOM	OUTDOOR	ZOOM	OUTDOOR	ZOOM	OUTDOOR	ZOOM	OUTDOOR
7:00	CARDIO TR. MICHELE	TOTAL BODYWEIGHT TRAINING MATTEO	CROSS TRAINING DUILIO	TOTAL BODYWEIGHT TRAINING MICHELE	STRENGTH ILARIA	FUNCTIONAL BOXING WORKOUT SARAH	CROSS TRAINING DUILIO	TOTAL BODYWEIGHT TRAINING MICHELE	STRENGTH MATTEO	FLEX & MOBILITY LUCA			
8:00	STRENGTH MATTEO		CARDIO TR. MICHELE	FLEX & MOBILITY ROBERTA	CROSS TRAINING MICHELE		STRENGTH MICHELE		CROSS TRAINING MICHELE				
											9:00-9:50 STRENGTH MICHELE		
											10:00-10:50 CARDIO TR. MICHELE	TOTAL BODYWEIGHT TRAINING SARAH / ILARIA	10:00 CARDIO TR. MICHELE/JEAN/ SARAH
											11:00 11:50 CROSS TRAINING SARAH / ILARIA		
12:30 13:15	CARDIO TR. JEAN	FLEX & MOBILITY ROBERTA ZOOM	STRENGTH MATTEO	TOTAL BODYWEIGHT TRAINING MICHELE	CROSS TRAINING JEAN	FLEX & MOBILITY LUCA ZOOM	STRENGTH DUILIO	TOTAL BODYWEIGHT TRAINING MATTEO	CROSS TRAINING JEAN	FUNCTIONAL BOXING WORKOUT SARAH			11:30 STRENGTH MICHELE/JEAN/ SARAH
											15:00-15:50 STRENGTH MICHELE	15:00-16:00 FLEX & MOBILITY LUCA ZOOM	
											16:00 16:50 CROSS TRAINING DUILIO O MATTEO	16:00-16:50 FUNCTIONAL BOXING WORKOUT SARAH	
18:00 18:50	STRENGTH JEAN	TOTAL BODYWEIGHT TRAINING MATTEO	FUNCTIONAL BOXING WORKOUT SARAH	TOTAL BODYWEIGHT TRAINING DUILIO	CARDIO TR. JEAN	FLEX & MOBILITY ROBERTA ZOOM	STRENGTH MATTEO	TOTAL BODYWEIGHT TRAINING MICHELE	CROSS TRAINING JEAN	CALISTHENICS ILARIA			
19:00 19:50	CROSS TRAINING DUILIO	FUNCTIONAL BOXING WORKOUT SARAH	STRENGTH MATTEO	FLEX & MOBILITY SARAH ZOOM	CROSS TRAINING MATTEO	TOTAL BODYWEIGHT TRAINING ILARIA	CARDIO TR. MATTEO	FLEX & MOBILITY LUCA ZOOM	STRENGTH DUILIO	TOTAL BODYWEIGHT TRAINING ILARIA			
20:00 21:00	CARDIO TR. ILARIA		CARDIO TR. MATTEO		STRENGTH ILARIA		CROSS TRAINING LUCA		CARDIO TR. MICHELE				