

PLANNING MTC 03/06/2021 - 31/07/21

	Lunedì			Martedì			Mercoledì			Giovedì			Venerdì			Sabato			Domenica
Orario	Outdoor	Outdoor 2	Indoor	Outdoor	Outdoor 2	Indoor	Outdoor	Outdoor 2	Indoor	Outdoor	Outdoor 2	Indoor	Outdoor	Outdoor 2	Indoor	Outdoor	Outdoor 2	Indoor	Outdoor
7:00 - 8:00	Strength Training Michele			MTC Jean			Weightlifting Ilaria			Cross Training Jean			Strength Training Michele						
8:00 - 9:00				Cross Training Jean					Power Pilates Sarah	Strength Training Jean					Indoor Rowing Michele				
9:00 - 10:00																			
10:00 - 11:00																	Strength Training Matteo		MTC Sarah/Jean/Ilia/Jean
11:00 - 12:00																Indoor Rowing Jean			Strength Training Sarah/Jean/Ilia/Jean
12:00 - 13:00																			
13:00 - 13:45	Strength Training Matteo		Antigravity Yoga Luca	Calisthenics Ilaria			Cross Training Michele		Flex & Mobility Luca	Weightlifting Duilio				Functional Boxing Workout Ilaria	Antigravity Yoga Luca				
14:00 - 15:00																			
15:00 - 16:00																			Antigravity Yoga Luca
16:00 - 17:00																			MTC Jean
17:00 - 18:00																			
18:00 - 18:50	Strength Training Matteo			Weightlifting Duilio	Functional Boxing Workout Sarah		Calisthenics Ilaria		Indoor Rowing Duilio	Strength Training Duilio		Power Pilates Luca	Weightlifting Ilaria						
19:00 - 19:50		Functional Boxing Workout Sarah		Cross Training Matteo		Ergathlon Sarah	Strength Training Matteo		Power Pilates Ilaria	Cross Training Matteo		Antigravity Yoga Luca	M.T.C. Ilaria						
20:00 - 20:50			Flex & Mobility Sarah			Power Pilates Sarah	Cross Training Ilaria			MTC Matteo			Strength Training Ilaria						

IN VIGORE DAL 3 DI GIUGNO FINO AD AGOSTO 2021