



# PLANNING MILANO TRAINING CLUB



LUNEDÌ				MARTEDÌ				MERCOLEDÌ				GIOVEDÌ				VENERDÌ				SABATO				DOMENICA						
IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.	IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.	IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.	IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.	IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.	IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.	IINDOOR 1						
7:00 - 7:50 FUNCTIONAL STRENGTH (DANIELE)				7:00 - 7:50 CROSS TRAINING (JEAN)				7:00 - 7:50 FUNCTIONAL BOXING WORKOUT (SARAH)					7:00 - 7:50 ERGATHLON (JEAN)			7:00 - 7:50 FUNCTIONAL STRENGTH (ILARIA)														
	8:00 - 8:50 ERGATHLON (DANIELE)			8:00 - 8:50 FUNCTIONAL STRENGTH (JEAN)					8:00 - 8:50 POWER PILATES (SARAH)			8:00 - 8:50 FUNCTIONAL STRENGTH (JEAN)																		
9:00 - 13:00 ALLENAMENTO LIBERO				9:00 - 13:00 ALLENAMENTO LIBERO				9:00 - 13:00 ALLENAMENTO LIBERO				9:00 - 13:00 ALLENAMENTO LIBERO				9:00 - 13:00 ALLENAMENTO LIBERO					9:00 - 9:50 ERGATHLON (JEAN)									
																				10:00 - 10:50 FUNCTIONAL STRENGTH (JEAN)	10:00 - 10:50 ANTIGRAVITY YOGA (ROBERTA)									
	13:00 - 13:50 ANTIGRAVITY YOGA (LUCA)		13:00 - 13:30 30 MIN WORKOUT (ILARIA)	13:00 - 13:50 CALISTHENICS (ILARIA)				13:00 - 13:50 FUNCTIONAL STRENGTH (LUCA)				13:00 - 13:50 INDOOR ROWING (DUILIO)				13:00 - 13:50 POWER PILATES (LUCA)			13:00 - 13:50 FUNCTIONAL BOXING WORKOUT (ILARIA)											
14:00 - 15:00 CHIUSO				14:00 - 15:00 CHIUSO				14:00 - 15:00 CHIUSO				14:00 - 15:00 CHIUSO				14:00 - 15:00 CHIUSO				12:30 - 15:30 CHIUSO										
15:00 - 18:00 ALLENAMENTO LIBERO				15:00 - 18:00 ALLENAMENTO LIBERO				15:00 - 18:00 ALLENAMENTO LIBERO				15:00 - 18:00 ALLENAMENTO LIBERO				15:00 - 18:00 ALLENAMENTO LIBERO														
																				15:30 - 16:20 CROSS TRAINING (JEAN)										
	18:30 - 19:20 ERGATHLON (SARAH)			18:00 - 18:50 FUNCTIONAL STRENGTH (DUILIO)				18:30 - 19:00 30 MIN WORKOUT (DANIELE)	18:30 - 19:20 POWER PILATES (ILARIA)			18:30 - 19:20 FUNCTIONAL STRENGTH (DUILIO)	18:30 - 19:20 ANTIGRAVITY YOGA (LUCA)			18:30 - 19:00 30 MIN WORKOUT (MICHELA)	18:30 - 19:20 POWER PILATES (MICHELE)													
19:00 - 19:50 FUNCTIONAL STRENGTH (MICHELE)				19:00 - 20:30 CLASSE AD INVITO			19:00 - 19:50 CROSS TRAINING (MICHELA)	19:00 - 19:50 FUNCTIONAL STRENGTH (MICHELE)				19:00 - 19:50 FUNCTIONAL BOXING WORKOUT (DANIELE)	19:30 - 20:20 INDOOR ROWING (DUILIO)			19:30 - 20:20 CROSS TRAINING (LUCA)	19:00 - 20:30 CLASSE AD INVITO		19:00 - 19:50 CROSS TRAINING (MICHELA)											
	19:30 - 20:20 CALISTHENICS (ROBERTO)		19:30 - 20:20 FUNCTIONAL BOXING WORKOUT (SARAH)	WEIGHTLIFTING (DUILIO)												WEIGHTLIFTING (ILARIA)														
20:30 - 21:20 FLEX & MOBILITY (SARAH)													20:30 - 21:00 FLEX & MOBILITY (LUCA)																	

10:30 - 11:50  
CROSS TRAINING  
(ISTRUTTORE A ROTAZIONE)