PLANNING MILANO TRAINING CLUB

LUNEDÌ

IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.
7:00 - 7:50 FUNCTIONAL STRENGTH (DANIELE)			
8:00 - 8:50 CROSS TRAINING (DANIELE)			
9:00 - 13:00 ALLENAMENTO LIBERO		10:00 - 11:00 CLASSE AD INVITO WEIGHTLIFTING (DUILIO)	9:00 - 13:00 ALLENAMENTO LIBERO
13:00 - 13:50 TRX (DUILIO)	13:00 - 13:50 ANTIGRAVITY YOGA (LUCA)		
14:00 - 15:00 CHIUSO			
15:00 - 18:00 ALLENAMENTO LIBERO			
		18:00 - 18:50 FUNCTIONAL STRENGTH (ROBERTO)	
	18:30 - 19:20 ERGATHLON (SARAH)		
		19:00 - 19:50 FUNCTIONAL STRENGTH (MICHELE)	
19:30 - 21:00 CALISTHENICS (ROBERTO)			19:30 - 20:20 FUNCTIONAL BOXING WORKOUT (SARAH)
	20:30 - 21:20 FLEX & MOBILITY (SARAH)		

MARTEDÌ

IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.
7:00 - 7:50 CROSS TRAINING (JEAN)			
8:00 - 8:50 FUNCTIONAL STRENGTH (JEAN)			
9:00 - 13:00 ALLENAMENTO LIBERO			
13:00 - 13:50 CALISTHENICS (ILARIA)			
14:00 - 15:00 CHIUSO			
15:00 - 18:00 ALLENAMENTO LIBERO			
		18:00 - 18:50 FUNCTIONAL STRENGTH (MICHELA)	
18:30 - 19:20 TRX (DUILIO)			
19:30 - 20:30 CLASSE AD INVITO WEIGHTLIFTING (DUILIO)			19:00 - 19:50 CROSS TRAININING (MICHELA)

MERCOLEDÌ

IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.
7:00 - 7:50 FUNCTIONAL BOXING WORKOUT (SARAH)			
	8:00 - 8:50 ERGATHLON (SARAH)		
9:00 - 13:00 ALLENAMENTO LIBERO			
	13:00 - 13:50 FUNCTIONAL STRENGTH (LUCA)		
14:00 - 15:00 CHIUSO			
15:00 - 18:00 ALLENAMENTO LIBERO			
18:30 - 19:00 30 MIN WORKOUT (DANIELE)	18:30 - 19:20 POWER PILATES (ILARIA)		
		19:00 - 19:50 FUNCTIONAL STRENGTH (MICHELE)	19:00 - 19:50 FUNCTIONAL BOXING WORKOUT (DANIELE)
19:30 - 21:00 CALISTHENICS (ILARIA)	20:30 - 21:00 POWER FLEX & MOBILITY (ROBERTA)		

GIOVEDÌ

IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.
7:00 - 7:50 TRX (JEAN)			
8:00 - 8:50 FUNCTIONAL STRENGTH (JEAN)			
9:00 - 13:00 ALLENAMENTO LIBERO		10:00 - 11:00 CLASSE AD INVITO WEIGHTLIFTING (ILARIA)	9:00 - 13:00 ALLENAMENTO LIBERO
13:00 - 13:50 INDOOR ROWING (DUILIO)			
14:00 - 15:00 CHIUSO			
15:00 - 18:00 ALLENAMENTO LIBERO			
18:00 - 18:50 TRX (LUCA)			
	18:30 - 19:20 ANTIGRAVITY YOGA (ROBERTA)	18:30 - 19:20 FUNCTIONAL STRENGTH (DUILIO)	
19: 30 - 20:20 INDOOR ROWING (DUILIO)			19:30 - 20:20 CROSS TRAININING (LUCA)
20:30 - 21:00 FLEX & MOBILITY (LUCA)			

VENERDÌ

IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.
7:00 - 7:50 FUNCTIONAL STRENGTH (ILARIA)			
9:00 - 13:00 ALLENAMENTO LIBERO			
	13:00 - 13:50 POWER PILATES (LUCA)		13:00 - 13:50 FUNCTIONAL BOXING WORKOUT (ILARIA)
14:00 - 15:00 CHIUSO			
15:00 - 18:00 ALLENAMENTO LIBERO			
18:30 - 19:00 30 MIN WORKOUT (MICHELA)	18:30 - 19:20 POWER PILATES (MICHELE)		
19:00 - 20:30 CLASSE AD INVITO WEIGHTLIFTING (ILARIA)			19:00 - 19:50 CROSS TRAININING (MICHELA)

SABATO

IINDOOR 1	INDOOR 2	OUTDOOR 1 S. & W. AREA	OUTDOOR 2 BOXING A.
	9:00 - 9:50 ERGATHLON (JEAN)		
	10:00 - 10:50 POWER FLEX & MOBILITY (ROBERTA)	10:00 - 10:50 FUNCTIONAL STRENGTH (JEAN)	9:00 - 12:30 ALLENAMENTO LIBERO
	11:00 - 11:50 ANTIGRAVITY YOGA (ROBERTA)		
12:30 - 15:30 CHIUSO			
		15:30 - 16:20 CROSS TRAINING (JEAN)	15:30 - 17:30 ALLENAMENTO LIBERO
		16:30 - 17:20 FUNCTIONAL STRENGTH (JEAN)	

DOMENICA

IINDOOR 1
10:30 - 11:50 CROSS TRAININING (ISTRUTTORE A ROTAZIONE)