

	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
ORARIO	FUNZIONALE	MUSICALE	FUNZIONALE	MUSICALE	FUNZIONALE	MUSICALE	FUNZIONALE	MUSICALE	FUNZIONALE	MUSICALE
09:30/10:30	Cross				Flying				Kettlebell	
10:30/11:30										
13:30/14:30	Cross	Pole Dance I	Flying / Calisthenic		Kettlebell	Pole Dance I	Cross	Primitive	Flying	Calisthenic
16:00/17:00			Boxe Baby (16,30)					Boxe Baby		Ginn. Baby (15,30/17,30)
17:00/18:00	Cross				Kettlebell				Flying	
17:30/18:30										
18:00/19:00	Kettlebell		Cross		Flying		Functional Training		Cross	Cerchio
18:30/19:30		Pole Dance I		Cerchio (18,15)		Pole Dance I		Primitive		
19:00/20:00	Flying / Calisthenic		Functional Training		Cross		Flying / Calisthenic		Kettlebell	Pole Dance II
19:30/20:30		Pole Dance II		Pole Dance III		Aikido		Pole Dance III		
20:00/21:00	Boxe		Boxe princ.		Boxe	Aikido	Boxe princ.		Boxe	
20:30/21:30		Aikido								

ORARIO CORSI 2018/2019 - FLYRON (aggiornato al 09/09/2018)