

WORKOUT

FUN AREA

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|-----------|--|--|--|---|--|--|---|--|--|--|---|--|
| LUNEDÌ | 7:20 - 8:10 PUMP  | 10:00 - 10:50 GAG VIRTUAL  | 12:00 - 12:50 TOTAL BODY  | 13:00 - 13:50 FIGHT TRAINING  | 13:50 - 14:20 SUPER H.I.I.T  | 16:30 - 17:20 GAG VIRTUAL  | 17:45-18:15 PRIME GLUTEUS  | 18:15 - 18:45 PRIME ABDOMINAL  | 18:45 - 19:40 PUMP  | 19:40 - 20:30 GAG  | 20:30 - 21:20 INTERVAL TRAINING  | |
| MARTEDÌ | 07:30 - 08:25 GAG VIRTUAL  | 10:00 - 10:50 GAG VIRTUAL  | 11:30 - 12:20 CIRCUIT TRAINING  | 13:00 - 13:55 SUPER FUNCTIONAL  | 13:10 - 14:20 FOLLOW ME RUNNING  | 15:00 - 15:50 TOTAL BODY VIRTUAL  | 16:30 - 17:25 TOTAL BODY  | 17:30 - 18:00 LOW ZONE TRAINING  | 18:00 - 18:30 UPPER ZONE TRAINING  | 18:30 - 19:25 PRIME CROSS CARDIO  | 19:30 - 20:25 TOTAL BODY  | 20:30 - 21:20 TOTAL BODY CIRCUIT  |
| MERCOLEDÌ | 7:20 - 8:10 PRIME METCON TRAINING  | 10:15 - 11:10 TOTAL BODY VIRTUAL  | 13:00 - 13:50 PRIME SKI TRAINING  | 13:50 - 14:20 SUPER H.I.I.T  | 16:30 - 17:25 TOTAL BODY VIRTUAL  | 17:30 - 18:00 PRIME GLUTEUS  | 18:00 - 18:30 PRIME ABDOMINAL  | 18:30 - 19:20 PRIME SKI TRAINING  | 19:30 - 20:20 PUMP  | 20:30 - 21:20 GAG VIRTUAL  | | |
| GIOVEDÌ | 07:30 - 08:25 TOTAL BODY VIRTUAL  | 10:30 - 11:20 GAG VIRTUAL  | 13:00 - 13:50 PUMP  | 13:10 - 14:20 FOLLOW ME RUNNING  | 16:30 - 17:25 TOTAL BODY VIRTUAL  | 17:45-18:15 LOW ZONE TRAINING  | 18:15 - 18:45 UPPER ZONE TRAINING  | 18:45 - 19:40 TRXTREME  | 19:40 - 20:30 SUPER FUNCTIONAL  | 20:30 - 21:20 PRIME SKI TRAINING  | | |
| VENERDÌ | 7:20 - 8:10 SUPER FUNCTIONAL  | 10:30 - 11:20 GAG VIRTUAL  | 13:00 - 13:50 SUPER FUNCTIONAL  | 13:50 - 14:20 PRIME ABDOMINAL  | 15:30 - 16:20 TOTAL BODY VIRTUAL  | 16:30 - 17:20 GAG NEW  | 18:30 - 19:25 PUMP  | 19:30 - 20:00 SUPER H.I.I.T  | 20:00 - 20:45 TOTAL BODY VIRTUAL  | | | |
| SABATO | 11:00-11:50 TOTAL BODY VIRTUAL  | 13:00 - 13:50 TRXTREME  | 17:00 -17:55 TOTAL BODY CIRCUIT  | 18:10 - 18:55 GAG VIRTUAL  | | | | | | | | |
| DOMENICA | 11:00 - 11:50 GAG VIRTUAL  | 12:00 - 12:55 PRIME SKI TRAINING  | 16:30 - 17:20 TOTAL BODY VIRTUAL  | | | | | | | | | |

ORARIO VALIDO DAL 23/12/2017 AL 01/04/2018

