

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
		7.00-8.00 En. Beginning HEIDI	9.00-10.00 GAG BARBARA	9.00-10.00 GAG BARBARA		
10.00-11.00 First Ride ISA	10.00-11.00 '70-'80-'90 FABIO	12.00-13.00 TRX FABIO	10.00-11.00 Keep in Diet BARBARA	10.00-11.00 Fartlek BENEDETTA	10.00-11.30 Long Journey ROTAZIONE	10.30-11.30 Sunday Surp. ROTAZIONE
12.45-13.45 Power ISA	13.00-14.00 Power BENEDETTA	13.00-14.00 '70-'80-'90 FABIO	12.45-13.45 Int.Training BARBARA	12.45-13.45 Fartlek HEIDI		
	18.00-19.00 TRX FABIO					
19.00-20.00 Power MAURIZIO	19.00-20.00 Power FABIO	19.00-20.00 Hardtraining FABRIZIO	19.00-20.00 Power FRANCO	19.00-20.00 '70-'80-'90 MAURIZIO		
20.00-21.00 Power FRANCO	20.00-21.00 Power MAURIZIO	20.00-21.00 Power DENISE	20.00-21.00 Hardtraining FRANCO			

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