



DINAMICA SPARTAN

POZZUOLI

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

09:30 - 10:30
10:30 - 11:30
11:30 - 14:30
14:30 - 15:30
15:30 - 17:00
17:00 - 18:00
18:00 - 19:00
19:00 - 20:00

SPARTAN TRAINING	TECNICA CORSA E OSTACOLI	SPARTAN TRAINING	TECNICA CORSA E OSTACOLI	SPARTAN TRAINING
HYRID SH	OPEN CAMP	HYRID SH	OPEN CAMP	HYRID SH
OPEN CAMP	OPEN CAMP	OPEN CAMP	OPEN CAMP	OPEN CAMP
SPARTAN TRAINING	TECNICA CORSA E OSTACOLI	SPARTAN TRAINING	TECNICA CORSA E OSTACOLI	SPARTAN TRAINING
OPEN CAMP	OPEN CAMP	OPEN CAMP	OPEN CAMP	OPEN CAMP
SPARTAN TRAINING	SPARTAN KIDS-FAMILY	SPARTAN TRAINING	SPARTAN KIDS-FAMILY	SPARTAN TRAINING
SPARTAN JUNIOR	COMPETITOR TRAINING	SPARTAN JUNIOR	COMPETITOR TRAINING	SPARTAN JUNIOR
SPARTAN TRAINING		SPARTAN TRAINING		SPARTAN TRAINING

09:00 - 10:30
COMPETITOR
TRAINING

10:30 - 11:30
COMPETITOR
JUNIOR



SCARICA L'APP **SPORTCLUBBY**
prenota subito!!



DINAMICA CrossBOX

LUNEDI



MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

10:30 - 11:30	CrossTRAINING	BODY TONIC 44FIT TABATA	CrossTRAINING	BODY TONIC 44FIT	CrossTRAINING
11:30 - 13:30	BODY MASS	BODY MASS	BODY MASS	BODY MASS	BODY MASS
13:30 - 14:30	CrossTRAINING	44FIT TABATA	CrossTRAINING	44FIT TABATA	CrossTRAINING
14:30 - 15:30	BODY MASS	HYROX	BODY MASS	HYROX	BODY MASS
16:00 - 17:00	BODY MASS	BODY MASS	BODY MASS	BODY MASS	BODY MASS
17:00 - 18:00	PILATES 	BODY MASS	PILATES 	BODY MASS	PILATES 
18:00 - 19:00	BODY MASS	44FIT TABATA	BODY MASS	44FIT TABATA	BODY MASS
19:00 - 20:00	CrossTRAINING	HYROX	CrossTRAINING	HYROX	CrossTRAINING
20:00 - 21:00	CrossTRAINING	KRAV MAGA	CrossTRAINING	KRAV MAGA	CrossTRAINING

10:30 - 12:00

HYROX

Competitor



SCARICA L'APP **SPORTCLUBBY**
prenota subito!!

