

# ACCADEMIA FUNCTIONAL

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	Lunedì		Martedì		Mercoledì		Giovedì		Venerdì		Sabato
	SALETTA	TATAMI	SALETTA	TATAMI	SALETTA	TATAMI	SALETTA	TATAMI	SALETTA	TATAMI	
08.00 - 09.00		CONDITIONING	FUNCTIONAL TRAINING 07.30-08.30			CONDITIONING	FUNCTIONAL TRAINING 07.30-08.30			CONDITIONING	
09.15 -10.15		GINNASTICA DOLCE				GINNASTICA DOLCE				GINNASTICA DOLCE	
10.00 -11.00											
11.00 -12.00											FUNCTIONAL TRAINING
12.00 -13.00											
13.00 -14.00		CONDITIONING				CONDITIONING				CONDITIONING	
15.00 -16.00											
16.00 -17.00											
17.00 -18.00	CONDITIONING		FAST TRAINING 17.15-----17.45		CONDITIONING		FAST TRAINING 17.15-----17.45		CONDITIONING		
18.00-18.15											
18.15 -19.15	CONDITIONING		FUNCTIONAL TRAINING		CONDITIONING		FUNCTIONAL TRAINING		CONDITIONING		
19.15 - 19.30											
19,30-20,30	CONDITIONING				CONDITIONING				CONDITIONING		
20.30 - 21.30				JUDO AMATORI				JUDO AMATORI			