

# 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	
09.00 - 09.15	-										
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	FAST TRAINING 13.15-----13.45			CONDITIONING	FAST TRAINING 13.15-----13.45			CONDITIONING	
15.00 - 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		
20.00 - 21.30				JUDO AMATORI				JUDO AMATORI			