OLYMPUS
MODUS VIVENDI

CROSS TRAINING & SPINNING

30 Ottobre 2017

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	DOMENICA	
		13.30 C.T	Cross train. Luca			**13.30 C.T**	Cross train. Luca				**11.00 spinn**	Spinning 60* (Rotazione)
18.30 C.T	Cross train. A Luca	**18.30 C.T**	Cross train. B Luca	**18.30 C.T**	Cross train. A Luca			**18.30 C.T**	Cross train. A Luca			
19.00 C.T	Cross train. Alberto			**19.00 C.T**	Cross train. Alberto	**19.45 C.T**	Cross train. B Luca	**19.00 C.T**	Cross train. Alberto			
20.30 C.T	Cross train. B Luca	**20.00 spinn**	Spinning 60* Roberto	**20.00 spinn**	Spinning 60* Loris			**20.00 spinn**	Spinning 60* Antonella			
				21.00 C.T	Cross train. B Luca							