



# PLANNING KIMERU ACADEMY - ESTATE 23



	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
<b>MATTINO</b>	08.45 Crossfit R 10.00 WORKOUT R 10.00 A-POLE	6.00 Crossfit R 08.45 Crossfit R 10.00 WORKOUT R 09.00 Free Gym 09.00 MUAY THAI	08.45 Crossfit M 10.00 WORKOUT M 09.00 Free Gym	6.00 Crossfit R 08.45 Crossfit R 10.00 WORKOUT R 09.00 Free Gym 09.00 MUAY THAI	08.45 Crossfit M 10.00 WORKOUT M 09.00 Free Gym	08.45 Crossfit 10.00 CALISTHENICS 10.15 JUDO GIOCANDO 11.00 Crossfit XL
<b>PAUSA PRANZO</b>	12.30 Crossfit M 12.30 FITBOXE 14.00 Free Gym	12.30 Crossfit M 12.30 TOTAL BODY 14.00 Free Gym	12.30 Crossfit M 12.30 FLEXY	12.30 Crossfit M 14.00 Free Gym	12.30 Crossfit M 12.30 TOTAL BODY 14.00 Free Gym	
<b>POMERIGGIO</b>	15.30 S-WORKOUT 16.30 Crossfit M	15.30 S-WORKOUT 16.30 Crossfit M 16.30 Crossfit kids G	16.00 Free Gym	15.30 S-WORKOUT 16.30 Crossfit M	15.30 S-WORKOUT 16.30 Crossfit M	16.15 ACROBATICA 17.00 MUAY THAI
<b>Sera SALA GRANDE</b>	18.00 Crossfit M 19.00 Crossfit M 20.00 Crossfit M	18.00 HC 19.00 Crossfit M 20.00 Crossfit M	18.00 CIRCO BIMBI 19.00 ACRO JUNIOR 20.15 ACRO SENIOR	18.30 Crossfit M 19.30 Crossfit XL	18.00 Crossfit L 19.00 Crossfit L	
<b>Sera SALA FITNESS</b>	17.00 TOTAL BODY 18.15 FITBOXE 19.15 TOTAL BODY 20.15 HC	18.00 CALISTHENICS 19.30 CALISTHENICS 18.00 FLEXY 19.00 FLEXY 20.00 FLEXY	18.00 Crossfit L 19.00 Crossfit L 20.00 Crossfit L 18.00 TOTAL BODY 19.00 TOTAL BODY 20.00 HC	18.00 CALISTHENICS 19.30 CALISTHENICS 18.15 FLEXY 18.00 TOTAL BODY 19.00 FITBOXE	18.30 TOTAL BODY 19.30 HC	
<b>Sera SPECCHI</b>	19.30 M-POLE 20.30 M-POLE	19.00 SPINNING	20.30 A-POLE	19.30 M-POLE 20.30 M-POLE	19.00 SPINNING	
<b>COMBAT</b>	18.00 BOXE 18.00 MUAY THAI U13 19.00 MUAY THAI 20.00 MUAY THAI 21.00 AIKIDO	09.00 MUAY THAI 16.00 JUDO GIOCANDO 17.00 JUDO (6) 18.00 JUDO (7-8) 19.00 JUDO (9-12) 20.00 JUDO 4	18.00 MUAY THAI U13 19.00 MUAY THAI 20.00 MUAY THAI	09.00 MUAY THAI 18.00 BOXE 19.00 JUDO AGON 20.00 JUDO AGON 21.00 AIKIDO	17.00 JUDO (6) 18.00 JUDO (7-8) 19.00 JUDO (9-12) 20.00 JUDO 4	

