



# 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 - 16:00
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
MILITARY HIT	PURE STRENGHT	MILITARY HIT	PURE STRENGHT	MILITARY HIT
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 KIDS	SPARTAN FAMILY	SPARTAN KIDS	SPARTAN FAMILY	SPARTAN KIDS
SPARTAN TRAINING	COMPETITOR TRAINING	SPARTAN TRAINING	COMPETITOR TRAINING	SPARTAN TRAINING
SPARTAN TRAINING		SPARTAN TRAINING		SPARTAN TRAINING

09:00 - 10:30 COMPETITOR TRAINING
--------------------------------------



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



# DINAMICA CrossBOX

LUNEDI



MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

09:00 - 10:00	CrossTRAINING	HYROX	CrossTRAINING	HYROX	CrossTRAINING
10:00 - 11:00	44FIT TABATA	POSTURAL	44FIT TABATA	POSTURAL	44FIT TABATA
12:00 - 13:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
13:30 - 14:30	CrossTRAINING	HYROX	CrossTRAINING	HYROX	CrossTRAINING
14:30 - 16:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
16:00 - 17:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
17:00 - 18:00	PILATES 	PURE STRENGHT	PILATES 	PURE STRENGHT	PILATES 
18:00 - 19:00	44FIT TABATA	HYROX	44FIT TABATA	HYROX	44FIT TABATA
19:00 - 20:00	CrossTRAINING	HYROX	CrossTRAINING	HYROX	CrossTRAINING
20:00 - 21:00	CrossTRAINING		CrossTRAINING		CrossTRAINING

10:30 - 12:00

**HYROX**  
Competitor



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

