



CARDIO e CARDIO P.T. 2011-2012

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9.00-10.00	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	
10.00-11.00	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO
11.00-12.00	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO
12.00-13.00	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO
13.00-14.00	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO
14.00-15.00	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	
15.00-16.00	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	CARDIO PERSONAL TRAINER	
16.00-17.00	16.30-17.30 CARDIO	CARDIO	16.30-17.30 CARDIO	CARDIO	16.30-17.30 CARDIO	
17.00-18.00	17.30-18.30 CARDIO	CARDIO	17.30-18.30 CARDIO	CARDIO	17.30-18.30 CARDIO	
18.00-19.00	18.30-19.30 CARDIO	CARDIO	18.30-19.30 CARDIO	CARDIO	18.30-19.30 CARDIO	
19.00-20.00	19.30-20.30 CARDIO	CARDIO	19.30-20.30 CARDIO	CARDIO	19.30-20.30 CARDIO	
20.00-21.00	20.30-21.30 CARDIO	CARDIO	20.30-21.30 CARDIO	CARDIO	20.30-21.30 CARDIO	
21.00-22.00		CARDIO		CARDIO		