

|  | LUNEDI'                                                                           | MARTEDI'                                                                      | MERCOLEDI'                                                                          | GIOVEDI'                                                                            | VENERDI'                                                                         | SABATO |  |
|--|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------|--|
|  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>12:45 - 13:45                  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>12:45 - 13:45              |                                                                                     | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>Core Activation<br>12:45 - 13:45 | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>12:45 - 13:45                 |        |  |
|  |                                                                                   |                                                                               |                                                                                     |                                                                                     |                                                                                  |        |  |
|  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>KIDS<br>17:30 - 18:30          | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>METABOLIC<br>17:30 - 18:30 | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>KIDS<br>17:30 - 18:30            | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>METABOLIC<br>17:30 - 18:30       |                                                                                  |        |  |
|  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>TRX® CORE PRO<br>18:30 - 19:00 | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>TECHNIQUE<br>18:30 - 19:00 | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>TRX® CORE PRO<br>18:30 - 19:00   | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>TECHNIQUE<br>18:30 - 19:00       | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>TECHNIQUE<br>18:30 - 19:30    |        |  |
|  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>19:00 - 20:00                  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>19:00 - 20:00              | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>Core Activation<br>19:00 - 20:00 | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>19:00 - 20:00                    |                                                                                  |        |  |
|  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>20:00 - 21:00                  | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>20:00 - 21:00              | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>Core Activation<br>20:00 - 21:00 | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>20:00 - 21:00                    | <b>HCT</b><br><small>HARD CORE TRAINING</small><br>Challenge LH<br>19:30 - 21:00 |        |  |
|  |                                                                                   |                                                                               |                                                                                     |                                                                                     |                                                                                  |        |  |