

<i>T.P.T</i>	<i>Lunedì</i>	<i>Martedì</i>	<i>Mercoledì</i>	<i>Giovedì</i>	<i>Venerdì</i>
<i>09.00 – 10.00</i>					Flexy For Pole
<i>10.00 – 12.00</i>					
<i>12.00 – 13.00</i>				Functional	
<i>13.00 – 14.00</i>	Pole Base 1				
<i>14.00 – 15.00</i>	Pole Base 2				
<i>15.00 – 18.00</i>					
<i>18.00 – 19.00</i>	Pole Base 1	Pole Base 2	Flexy For Pole	Pole Intermedio	Pole Base 1
<i>19.00 – 20.00</i>	Calisthenics 2	Pole Intermedio	Calisthenics 1	Pole Base 2	Pole Intermedio
<i>20.00 – 21.00</i>	Flexy For Pole		Pole Agonismo		Calisthenics 2
<i>21.00 – 22.00</i>			Pole Base 1		