

# PRIMATE PATTERNS 2

Via delle Gerbere, 71 (Guidonia Montecelio) Tel. 0774 340269

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09:00-10:00	FLOWFIT	TACFIT 26	FLOWFIT	TACFIT Bodyweight	FLOWFIT	
09:00-13:00						OPEN GYM
10:30-11:30						
11:30-13:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
13:30-14:30	TACFIT 26	TACFIT Bodyweight	CLUBBELL STRENGTH	TACFIT 26	TACFIT Bodyweight	
15:00-17:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
18:00-19:00	TACFIT Bodyweight	TACFIT 26	TACFIT 26	TACFIT Bodyweight	TACFIT 26	
18:00-20:00		OPEN GYM		OPEN GYM		
19:30-20:30		CST	CLUBBELL STRENGTH	TACFIT 26		
20:00-21:00	TACFIT 26				CST	