

# asd PRIMATE PATTERNS

Guidonia Montecelio - Via delle Gerbere, 71



0774/340269

STAGIONE SPORTIVA 2024/2025

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
10:00-11:00	STRENGTH		OLY		CONDITIONING	
10:00-13:00		OPEN GYM		OPEN GYM		OPEN GYM
11:00-13:00	OPEN GYM		OPEN GYM		OPEN GYM	
13:00-14:00				METCON		
14:00-15:00	STRENGTH	GYMNASTIC	OLY		CONDITIONING	
15:00-17:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
17:00-18:00		GYMNASTIC		METCON		
17:30-18:30			OLY		CONDITIONING	
18:30-19:30	STRENGTH					
19:00-20:00		GYMNASTIC				
19:30-20:30					CONDITIONING	
20:00-21:00				METCON		
20:30-21:30	STRENGTH		OLY			