

Rimini Wellness '25 PAD B4

29 MAGGIO

TIME	CLASS / ACTIVITY
11:15 - 12:00	THE CAGE CARDIO & STRENGTH
12:15 - 13:00	THE CAGE HANUMAN ATHELETIC FLOW TRAINING
13:00 - 14:15	LUNCH BREAK
14:15 - 15:00	THE CAGE PROVE LIBERE
15:00 - 15:45	THE CAGE ALLENAMENTO SPECULARE
16:00 - 16:45	THE CAGE CARDIO & STRENGTH
16:45 - 17:30	THE CAGE PROVE LIBERE
17:30 - 18:15	THE CAGE HANUMAN ATHLETIC FLOW TRAINING



30 MAGGIO

TIME	CLASS / ACTIVITY
11:15 - 12:00	THE CAGE ALLENAMENTO SPECULARE
12:15 - 13:00	THE CAGE CARDIO & STRENGTH
13:00 - 14:15	LUNCH BREAK
14:15 - 15:00	THE CAGE PROVE LIBERE
15:00 - 15:45	THE CAGE HANUMAN ATHLETIC FLOW
16:00 - 16:45	HANUMAN HANDSTAND
16:45 - 17:30	THE CAGE PROVE LIBERE
17:30 - 18:15	THE CAGE CARDIO & STRENGTH

31 MAGGIO

TIME	CLASS / ACTIVITY
11:15 - 12:00	THE CAGE HANUMAN ATHLETIC FLOW TRAINING
12:15 - 13:00	THE CAGE HANUMAN ALLENAMENTO SPECULAR
13:00 - 14:15	LUNCH BREAK
14:15 - 15:00	THE CAGE PROVE LIBERE
15:00 - 15:45	THE CAGE CARDIO & STRENGTH
16:00 - 16:45	THE CAGE HANUMAN ATHLETIC FLOW TRAINING
16:45 - 17:30	THE CAGE PROVE LIBERE
17:30 - 18:15	THE CAGE HANUMAN ATHLETIC FLOW TRAINING

01 GIUGNO

TIME	CLASS / ACTIVITY
11:15 - 12:00	THE CAGE CARDIO & STRENGTH
12:15 - 13:00	THE CAGE HANUMAN ATHELETIC FLOW TRAINING
13:00 - 14:15	LUNCH BREAK
14:15 - 15:00	THE CAGE PROVE LIBERE
15:00 - 15:45	THE CAGE HANUMAN ATHLETIC FLOW TRAINING
16:00 - 16:45	THE CAGE HANUMAN ALLENAMENTO SPECULARE