

Orari – Ground 1

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7.00	Bump	Thunder	Fury	Abs Killer	Edge	
7.30	Edge	Fury	Thunder	Bump	Abs Killer	
8.00	Power Core	Edge	Bump	Insanity	Fury	
9.15	Attitude	Mobility	Attitude	Mobility	Jackpot	Mobility
10.00						Attitude
10.45						Spartan
11.30						Edge
12.30	Gain	Edge	Fireman	Heat	Face Me	Supremacy
13.15	Supremacy	Spartan	Edge	Gain	Badass	Heat
14.00	Badass	Face Me	Insanity	Edge	Madness	
17.30	Spartan	Badass	Supremacy	Gain	Edge	
18.15	Badass	Spartan	Face Me	Edge	Supremacy	
19.00	Jackpot	Supremacy	Edge	Heat	Badass	
19.45	Face Me	Caveman	Heat	Spartan	Gain	
20.30	Fireman	Edge	Spartan	Caveman	Link	

Orari – Ground 2

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
10.45						Power Core
11.30						Bump
12.15						Thunder
12.45	Blaze	Fury	Abs Killer	Power Core	Thunder	Abs Killer
13.15	Madness	Power Core	Supremacy	Insanity	Jackpot	Insanity
17.45	Power Core	Edge	Madness	Insanity	Jackpot	
18.30	Attitude	Blaze	Attitude	Power Core	Edge	
19.15	Insanity	Power Core	Absolute	Edge	Face Me	
20.00	Bump	Thunder	Edge	Face Me	Power Core	
20.30	Abs Killer	Madness	Jackpot	Fury	Mobility	