

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	Power Core	Supremacy	Absolute	Blaze	Madness	Attitude
10.45	Insanity	Jackpot	Power Core	Madness	Badass	Power Core
11.30	Absolute	Abs Killer	Jackpot	Edge	Insanity	Bump
12.15	Face me	Insanity	Thunder	Abs Killer	Power Core	Thunder
12.45	Blaze	Fury	Abs Killer	Power Core	Thunder	Abs Killer
13.15	Madness	Power Core	Supremacy	Badass	Insanity	Insanity
14.00	Edge	Bump	Absolute	Blaze	Fury	
14.45	Bump	Edge	Face Me	Jackpot	Attitude	
15.30	Power Core	Insanity	Badass	Abs Killer	Absolute	
16.15	Jackpot	Face Me	Bump	Supremacy	Insanity	
17.00	Fury	Abs Killer	Thunder	Edge	Bump	
17.30	Power Core	Edge	Madness	Insanity	Jackpot	
18.15	Attitude	Blaze	Attitude	Power Core	Edge	
19.00	Insanity	Power Core	Abs Killer	Edge	Face Me	
19.45	Absolute	Madness	Edge	Face Me	Power Core	
20.30	Abs Killer	Thunder	Jackpot	Fury	Mobility	

Orari – Ground 2

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
12.45	Bump	Abs Killer	Fury	Thunder	Insanity	
13.15	Power Core	Blaze	Insanity	Madness	Jackpot	
17.00	Mobility	Jackpot	Blaze	Power Core	Madness	
17.45	Edge	Fury	Abs Killer	Absolute	Power Core	
18.30	Madness	Insanity	Power Core	Jackpot	Abs Killer	
19.15	Jackpot	Edge	Insanity	Power Core	Madness	
20.00	Thunder	Fury	Abs Killer	Bump	Insanity	
20.30	Insanity	Link	Mobility	Edge	Bump	

Orari – Ground 3

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7.00	Heat	Edge	Bump	Supremacy	Badass	
7.45	Thunder	Abs Killer	Edge	Heat	Bump	
10.45	Edge	Face Me	Badass	Supremacy	Heat	Spartan
11.30	Fury	Power Core	Face Me	Badass	Supremacy	Edge
12.30	Gain	Edge	Fireman	Heat	Face Me	Supremacy
13.15	Supremacy	Spartan	Edge	Gain	Badass	Heat
14.00	Badass	Face Me	Supremacy	Attitude	Madness	
16.45	Gain	Heat	Edge	Face Me	Badass	
17.30	Spartan	Badass	Supremacy	Gain	Edge	
18.15	Badass	Spartan	Face Me	Edge	Supremacy	
19.00	Caveman	Supremacy	Edge	Heat	Badass	
19.45	Face Me	Fireman	Heat	Spartan	Gain	
20.30	Fireman	Edge	Absolute	Gain	Link	