

ORARIO

ORARI	LUNEDI'	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7:00 - 8:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8:00 - 9:00						
9:00 - 10:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	OPEN GYM 9:30 - 11:00
10:00 - 11:00						
11:00 - 12:00						WOD / TEAM WOD
12:00 - 13:00						
13:00 - 14:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
14:00 - 15:00						
15:00 - 16:00	CROSSFIT		CROSSFIT		CROSSFIT	
16:00 - 17:00						
17:30 - 18:30	CF TEEN	CF TEEN	CF TEEN 17:00-18:00	CF TEEN	CF TEEN 17:00-18:00	
18:30 - 19:30	CROSSFIT	CROSSFIT	TECNICA 18:15-19:00	CROSSFIT	CROSSFIT 18:00-19:00	
19:30 - 20:30	CROSSFIT	CROSSFIT	CROSSFIT 19:00-20:00	CROSSFIT	CROSSFIT 19:00-20:00	
20:30 - 21:30	CROSSFIT	CROSSFIT PRINCIPIANTI	FORZA 20:00-21:00	CROSSFIT	CROSSFIT PRINCIPIANTI 20:00-21:00	