

Palinsesto CrossFit in vigore dal 2 SETTEMBRE 2019

ORARI	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:30 - 8:30	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	
8:30 - 9:30	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	
11:30 - 12:15						CROSSFIT CLASS (SKILL DAY)
12:15 - 13:00						CROSSFIT CLASS (SKILL DAY)
13:00 - 13:45						CROSSFIT CLASS (SKILL DAY)
13:30 - 14:30	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	
13:45 - 14:00						CROSSFIT CLASS (SKILL DAY)
18:00 - 19:00	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	
19:00 - 20:00	CROSSFIT CLASS	WEIGHTLIFTING SPECIAL CLASS	CROSSFIT CLASS	WEIGHTLIFTING SPECIAL CLASS	CROSSFIT CLASS	
20:00 - 21:00	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	