

ORARIO

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
					10:00 Weightlifting
	9:30 CrossFit		9:30 CrossFit		11:00 CrossFit
13:00 CrossFit		13:00 CrossFit		13:00 CrossFit	
17:00 CrossFit		17:00 CrossFit		17:00 CrossFit	
	17:30 CrossFit		17:30 CrossFit		
18:00 CrossFit		18:00 CrossFit		18:00 CrossFit	
	18.45 CrossFit+Powerlifting		18.45 CrossFit+Powerlifting		
19.00 CrossFit		19.00 CrossFit+Weightlifting		19.00 CrossFit	
20:00 CrossFit	20:00 CrossFit	20:00 CrossFit	20:00 CrossFit	20:00 CrossFit	