

ORARI CROSSFIT VALDELSA

| Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato |
|--------------------------------|---|--------------------------|---|--------------------------|--------------------------|
| 10.00 CF Class | 10.00 CF Class | | 10.00 CF Class | 10.00 CF Class | |
| | | | | | 11.00 CF Class |
| | | | | | |
| 13.00 CF Class | | 13.00 CF Class | | 13.00 CF Class | |
| 17.00 CF Class | | 17.00 CF Class | | 17.00 CF Class | |
| | 17.30 CF Class | | 17.30 CF Class | | |
| 18.00 CF Class - O.C | | 18.00 CF Class | | 18.00 CF Class | |
| | 18.30 CF Class | | 18.30 CF Class | | |
| 19.00 CF Class | | 19.00 CF Class | | 19.00 CF Class | |
| | 19.30 CF Class - Beginner Class | | 19.30 CF Class - Beginner Class | | |
| 20.00 CF Class | | 20.00 CF Class | | 20.00 CF Class | |