

Orari CrossFit						
	Lun	Mar	Mer	Gio	Ven	Sab
07:00	7:00 – 8:00 CrossFit		7:00 – 8:00 CrossFit		7:00 – 8:00 CrossFit	
08:00	08:00 – 10:00 OPEN BOX	08:00 – 13:00 OPEN BOX	08:00 – 10:00 OPEN BOX	08:00 – 13:00 OPEN BOX	08:00 – 10:00 OPEN BOX	08:00 – 10:00 OPEN BOX
09:00						
10:00						10-11 CrossFit 10-11 CrossFit Basic
11:00	11:00 – 12:30 OPEN BOX		11:00 – 12:30 OPEN BOX		11:00 – 12:30 OPEN BOX	11:00 – 12:00 CrossFit
12:00						
13:00	13:00 – 14:00 CrossFit	13:30 – 14:30 CrossFit	13:00 – 14:00 CrossFit	13:30 – 14:30 CrossFit	13:00 – 14:00 CrossFit	
14:00						
15:00	14:30 – 18:00 OPEN BOX	15:00 – 18:00 OPEN BOX	14:30 – 18:00 OPEN BOX	15:00 – 18:00 OPEN BOX	14:30 – 18:00 OPEN BOX	
16:00						
17:00						
18:00	18:00 – 19:00 CrossFit		18:00 – 19:00 CrossFit		18:00 – 19:00 CrossFit	
19:00	19:00 – 20:00 CrossFit	19-20 CrossFit 19-20 CrossFit Basic	19:00 – 20:00 CrossFit	19-20 CrossFit 19-20 CrossFit Basic	19:00 – 20:00 CrossFit	
20:00	20:00 – 21:00 CrossFit	20:00 – 21:00 CrossFit	20:00 – 21:00 CrossFit	20:00 – 21:00 CrossFit	20:00 – 21:00 CrossFit	
21:00	21:00 – 22:00 CrossFit Basic		21:00 – 22:00 CrossFit Basic		21:00 – 22:00 CrossFit Basic	
22:00						

