

STAGIONE 2017/2018



	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9.30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
10.30	KETTLEBELL BEGINNERS	POWERLIFTING	KETTLEBELL BEGINNERS	POWERLIFTING	CROSSFIT	KETTLEBELL ALL LEVEL
11.30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CROSSFIT
13.30	CROSSFIT	CF / KB	CROSSFIT	CF / KB	CROSSFIT	OPEN GYM
14.30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	POWERLIFTING
17.00	CROSSFIT	HEALTH CONDITIONING	POWERLIFTING	HEALTH CONDITIONING	CROSSFIT	
18.00	KETTLEBELL ALL LEVEL	CROSSFIT	CROSSFIT	CROSSFIT	KETTLEBELL ALL LEVEL	
19.00	CROSSFIT	KETTLEBELL	CROSSFIT	KETTLEBELL	CROSSFIT	
20.30	CF / COMPETITOR	CROSSFIT	CF / COMPETITOR	CROSSFIT	CF / COMPETITOR	

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