PLANNING - 2024/2025

LUNEDÌ		MARTEDI		MERCOLEDI		GIOVEDI		VERNEDI		SABATO	
SALA CROSSFIT	PALCHETTO	SALA CROSSFIT	PALCHETTO	SALA CROSSFIT	PALCHETTO	SALA CROSSFIT	PALCHETTO	SALA CROSSFIT	PALCHETTO	SALA CROSSFIT	PALCHETTO
08:30				09:30				09:30			
KETTLEBELL TRAINING				LADY CROSSFIT				LADY CROSSFIT			
				10:00						10:00	
				FUNTIONAL						GYM KIDS	
12:00		12:30		12:00		12:30				11:00	
CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				CROSSFIT	
		16:00	16:30			16:00	16:30	16:00			
		FIT BOXE	PARKOUR			FIT BOXE	PARKOUR	FUNTIONAL KIDS			
		17:30				17:30					
		CROSSFIT				CROSSFIT					
18:00		18:30		18:00		18:30		18:00			
CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT			
19:00		19:30		19:00		19:30		19:00			
CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT			