

Orari Corsi Stagione 2017-2018



ORARI	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
09.00 / 10.00	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box		
10.00 / 11.00	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box
11.00 / 12.00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit Open Box	CrossFit Open Box
12.00 / 13.00	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box
13.00 / 14.00	SF Kettlebell	CrossFit	CrossFit	SF Kettlebell	CrossFit	CrossFit	CrossFit Open Box
15.00 / 16.00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
17.00 / 17.45	CrossFit Ragazzi	CrossFit Ragazzi	CrossFit Ragazzi	CrossFit Ragazzi	CrossFit Ragazzi		
18.00 / 19.00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
19.00 / 20.00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
20.00 / 21.00	SF Kettlebell	Calisthenics	SF Kettlebell	Calisthenics	SF Kettlebell		