

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07:00 – 08:00 CrossFit OPEN BOX ALLENAMENTO LIBERO	09:00 – 13:00 OPEN BOX ALLENAMENTO LIBERO	07:00 – 13:00 OPEN BOX ALLENAMENTO LIBERO	09:00 – 13:00 OPEN BOX ALLENAMENTO LIBERO	07:00 – 08:00 CrossFit	OPEN BOX ALLENAMENTO LIBERO
13:00 – 14:00 CrossFit OPEN BOX ALLENAMENTO LIBERO	13:00 – 14:00 METCON OPEN BOX ALLENAMENTO LIBERO	13:00 – 14:00 CrossFit OPEN BOX ALLENAMENTO LIBERO	13:00 – 14:00 METCON OPEN BOX ALLENAMENTO LIBERO	08:00 – 18:00 OPEN BOX ALLENAMENTO LIBERO	11:00 – 12:00 METCON EXTRA OPEN WEEKEND
17:30 – 18:30 CrossFit	17:45 – 18:30 HYROX	18:30 – 19:15 METCON	18:30 – 19:15 HYROX	18:15 – 19:00 CALISTHENICS	
18:30 – 19:00 KETTLEBELL	18:30 – 19:30 CALISTHENICS			19:00 – 19:30 KETTLEBELL	
19:00 – 19:30 METCON		19:15 – 20:30 WEIGHTLIFTING CrossFit	19:15 – 20:30 CrossFit	19:30 – 20:30 CrossFit	
19:30 – 20:30 CrossFit	19:30 – 20:30 CrossFit				

 CrossFit

 METCON

 CALISTHENICS

 KETTLEBELL

 HYROX