

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
06:00							
06:30	06:00-07:00 OPEN		06:00-07:00 OPEN		06:00-07:00 OPEN		
07:00							
07:30			07:00-08:00 CrossFit CLASS		07:00-08:00 CrossFit CLASS		
08:00							
08:30							
09:00							
09:30							
10:00	08:00-12:45 OPEN		08:00-12:45 OPEN		08:00-12:45 OPEN		
10:30							
11:00							
11:30							
12:00		06:00-17:30 OPEN		06:00-17:30 OPEN		06:00-20:30 OPEN	06:00-20:30 OPEN
12:30							
13:00	12:45-13:45 CrossFit CLASS		12:45-13:45 CrossFit CLASS		12:45-13:45 CrossFit CLASS		
13:30							
14:00							
14:30							
15:00	13:45-16:30 OPEN		13:45-17:00 OPEN		13:45-17:00 OPEN		
15:30							
16:00							
16:30	16:30-17:30 CrossFit KIDS						
17:00							
17:30	17:30 - 18:30 CrossFit CLASS	17:30 - 18:30 CrossFit CLASS	17:30 - 18:30 CrossFit CLASS	17:30 - 18:30 CrossFit CLASS	17:30 - 18:30 CrossFit CLASS		
18:00							
18:30	18:30 - 19:30 CrossFit CLASS	18:30 - 19:30 WEIGHTLIFTING	18:30 - 19:30 CrossFit CLASS	18:30 - 19:30 WEIGHTLIFTING	18:30 - 19:30 WEIGHTLIFTING		
19:00							
19:30	19:30 - 20:30 CrossFit CLASS	19:30 - 20:30 CrossFit CLASS	19:30 - 20:30 CrossFit CLASS	19:30 - 20:30 CrossFit CLASS	19:30 - 20:30 CrossFit CLASS		
20:00							
20:30							