



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
06:00	06:00-07:00		06:00-07:00		06:00-07:00		
06:30	OPEN		OPEN		OPEN		
07:00			07:00-08:00 CrossFit		07:00-08:00 CrossFit		
07:30			CLASS		CLASS		
08:00							
08:30							
09:00							
09:30	00.00 10.45		00.00 10.45		00.00 10.45		
10:00 10:30	08:00-12:45 OPEN		08:00-12:45 OPEN		08:00-12:45 OPEN		
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		UFEN		UFEN		UFEN	UPEN
13:00	12:45-13:45		12:45-13:45		12:45-13:45		
13:30	CrossFit CLASS		CrossFit CLASS		CrossFit CLASS		
14:00							
14:30							
15:00	13:45-16:30 Open		13:45-17:00		13:45-17:00		
15:30			OPEN		OPEN		
16:00							
16:30	16:30-17:30						
17:00	16:30-17:30 CrossFit <i>KIDS</i>						
17:30	17:30 - 18:30	17:30 - 18:30	17:30 - 18:30	17:30 - 18:30	17:30 - 18:30		
18:00	CrossFit CLASS	CrossFit CLASS	CrossFit CLASS	CrossFit CLASS	CrossFit CLASS		
18:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30		
19:00	CrossFit CLASS	WEIGHTLIFTING	CrossFit CLASS	WEIGHTLIFTING	WEIGHTLIFTING		
19:30	19:30 - 20:30 CrossFit	19:30 - 20:30 Crocc Eit	19:30 - 20:30 CrossFit	19:30 - 20:30 CroccEit	19:30 - 20:30 CrossFit		
20:00	CLASS	CrossFit CLASS	CLASS	CrossFit CLASS	CLASS		
20:30							

