

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