

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