



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

7.00 - 8.00

CROSSFIT

CROSSFIT

CROSSFIT

8.00 - 9.00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

10.00 - 11.00 OPEN GYM

9.00 - 10.00

OPEN GYM

OPEN GYM

OPEN GYM

OPEN GYM

OPEN GYM

11.00 - 12.00 CROSSFIT

10.00 - 11.00

OPEN GYM

PILATES

OPEN GYM

PILATES

OPEN GYM

12.00 - 13.00 CROSSFIT

11.00 - 12.15

OPEN GYM

OPEN GYM

OPEN GYM

OPEN GYM

OPEN GYM

12.15 - 13.15

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

13.15 - 14.15

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

14.15 - 17.00

OPEN GYM

OPEN GYM

OPEN GYM

OPEN GYM

OPEN GYM

17.00 - 18.00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

18.00 - 19.00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

19.00 - 20.00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

20.00 - 21.00

CROSSFIT

CROSSFIT

CROSSFIT