

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	sabato	domenica
Open 9-00	Cardio H.I.I.T.	Fuctional BB 9,00-10,00		Functional BB 9,00-10,00	Cardio H.I.I.T		
10,00	CrossFit 10-00-11-00	CrossFit 10,00-11,00	Cardio H.I.I.T. 10,00-11,00	CrossFit 10,00-11,00	CrossFit 10,00-11,00	Cardio H.I.I.T. 10,00-11,00	Functional BB 10-30-11-30
12,00	Cardio H.I.I.T.		functional BB		cardio H.I.I.T		Cardio H.I.I.T.
13,00	CrossFit 13-00-14,00	CrossFit 13-00-14,00	Cardio H.I.I.T. 13,00-14,00	CrossFit 13,00-14,00	CrossFit 13,00-14,00		11-30-12-30
14,00						Functional BB	
15,00						Special WOD	
17,00	CrossFit Juniores 17-00-18,00		CrossFit Juniores 17-00-18,00		CrossFit Juniores 17-00-18,00		
18,00	CrossFit 18,00-19,00	CrossFit 18,00-19,00	Cardio H.I.I.T. 18,00-19,00	CrossFit 18,00-19,00	CrossFit 18,00-19,00		
19-00	On Ramp 19,00-20,00	Cardio H.I.I.T. 19,00-20,00	On Ramp 19,00-20,00	Cardio H.I.I.T. 19,00-20,00	On Ramp 19,00-20,00		
20,00	CrossFit 20,00-21,00	CrossFit 20,00-21,00	Functional BB 20,00-21,00	CrossFit 20,00-21,00	CrossFit 20,00-21,00		

Per tutti i corsi è obbligatoria la prenotazione su apposita APP (**SPORTCLUBBY**).