CROSSFIT
BREMBO

CROSSFIT BREMBO
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ORE		LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
6	30							
		CROSSFIT	CROSSFIT	AEROBIC CAPACITY	CROSSFIT	CROSSFIT		
7	30							
9	15							
	30		CROSSFIT		CROSSFIT			
10	15							
	30						CROSSFIT	
11	30							
12	30	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	
13	30							
14	30							
16	30						CROSSFIT	
17	30	CROSSFIT	CROSSFIT		CROSSFIT	CROSSFIT		
18	30	CROSSFIT / MOBILITY	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
19	30	CROSSFIT	AEROBIC CAPACITY	WEIGHTLIFTLING	CROSSFIT	AEROBIC CAPACITY		
20	30			CROSSFIT				
21	30							