



ORE		LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
6	30	CROSSFIT	CROSSFIT	AEROBIC CAPACITY	CROSSFIT	CROSSFIT		
7	30							
9	15		CROSSFIT		CROSSFIT			
	30							
10	15						CROSSFIT	
	30							
11	30							
12	30							
13	30							
14	30							
16	30						CROSSFIT	
17	30	CROSSFIT	CROSSFIT		CROSSFIT	CROSSFIT		
18	30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
19	30	CROSSFIT	CROSSFIT	WEIGHTLIFTING	CROSSFIT	CROSSFIT		
20	30	CROSSFIT	AEROBIC CAPACITY	CROSSFIT	CROSSFIT	AEROBIC CAPACITY		
21	30			CROSSFIT				