

PLANNING 2019/20

	LUN	MAR	MER	GIO	VEN	SAB	DOM
6.30			CROSSFIT		CROSSFIT		
9.00	CROSSFIT	RFE			CROSSFIT		
10.00		CROSSFIT	CROSSFIT	CARDIO FIT	RFE	CROSSFIT	
12.30	CROSSFIT	CROSSFIT	CROSSFIT	CARDIO FIT	CROSSFIT		
13.30			CROSSFIT				
14.00	OPEN	OPEN	OPEN		OPEN	CROSSFIT	
						ADVANCED*	
16.50	CF TEEN	CF TEEN		CF TEEN			
		CF KIDS					
18.10	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
	RFE		RFE				
18.20		BOOTY BUILDING			BOOTY BUILDING		
19.20	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CF GYMNASTIC		
	ADVANCED*		ADVANCED*				
20.15				TESSUTI	TESSUTI		
20.30	CROSSFIT	WEIGHTLIFTING	CROSSFIT	FUNCTIONAL BODYBUILDING			

* ALLENAMENTO SU CONVOCAZIONE