

# CROSSFIT DEED

dal 03/09/2018

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orario/giorno	LUN	MAR	MER	GIO	VEN	SAB
07:00-08:00		CROSSFIT CLASS	CROSSFIT CLASS		CROSSFIT CLASS	
dalle 09:00						OPENGYM
10:30-11:30		CROSSFIT CLASS		CROSSFIT CLASS		CROSSFIT CLASS
11:30-12:15						TRX
11:30-12:30						CROSSFIT TRIAL (6)
12:30-13:30						CROSSFIT CLASS
13:00-14:00	CROSSFIT CLASS	CROSSFIT CLASS		CROSSFIT CLASS		
13:30-14:30						ON RAMP (3)
dalle 16:00	OPENGYM	OPENGYM	OPENGYM		OPENGYM	
17:30-18:30	CROSSFIT CLASS	CROSSFIT CLASS		CROSSFIT CLASS		
dalle 18:00				OPENGYM		
18:30-19:15		TRX			TRX	
18:30-19:30	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	
18:30-19:30				ON RAMP (3)		
19:30-20:15	TRX		TRX		TRX	
19:30-20:30	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	WEIGHTLIFTING	CROSSFIT CLASS	
19:30-20:30		ON RAMP (3)		CROSSFIT TRIAL (6)		
20:30-21:15	TRX		TRX			
20:30-21:30	CROSSFIT CLASS	CROSSFIT TRIAL (6)	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	
20:30-21:30	ON RAMP (3)	MOBILITY				