



CROSSFIT
CrossFit

PLANNING CLASSI DAL 31/08/2020

Ora	Attività	area	Ora	Attività	area	Ora	Attività	area
LUN			MAR			MER		
13:00-14:00	CrossFit class	floor	07:00-08:00	CrossFit class	floor	07:00-08:00	CrossFit class	floor
15:00-17:00	Open Gym	ath	10:30-11:30	CrossFit class	floor	07:10-07:55	TRX suspension training	trx
17:00-18:00	CrossFit class	floor	13:00-14:00	CrossFit class	floor	15:00-17:00	Open Gym	ath
17:15-19:15	Open Gym	ath	13:10-13:55	TRX suspension training	trx	17:15-19:15	Open Gym	ath
18:15-19:15	CrossFit class	floor	15:00-17:00	Open Gym	ath	17:45-18:45	CrossFit class	floor
19:30-20:15	TRX suspension training	trx	17:15-19:15	Open Gym	ath	18:15-19:15	CrossFit Trial - prova	trx
19:30-20:30	CrossFit class	floor	17:30-18:30	CrossFit class	floor	19:00-20:00	CrossFit class	floor
19:30-21:30	Open Gym	ath	18:45-19:30	TRX suspension training	trx	19:15-20:15	On Ramp	trx
20:30-21:30	On Ramp	trx	18:45-19:45	CrossFit class	floor	19:30-20:15	TRX suspension training	trx
20:45-21:45	CrossFit class	floor	19:30-21:30	Open Gym	ath	19:30-21:30	Open Gym	ath
			20:00-21:00	CrossFit class	floor	20:15-21:15	CrossFit class	floor
			20:00-21:00	CrossFit Mobility	trx			

Ora	Attività	area	Ora	Attività	area	Ora	Attività	area
GIO			VEN			SAB		
10:30-11:30	CrossFit class	floor	07:00-08:00	CrossFit class	floor	09:00-11:00	Open Gym	ath
13:00-14:00	CrossFit class	floor	07:10-07:55	TRX suspension training	trx	10:00-11:00	CrossFit class	floor
13:10-13:55	TRX suspension training	trx	15:00-17:00	Open Gym	ath	11:15-12:00	TRX suspension training	trx
15:00-17:00	Open Gym	ath	17:15-19:15	Open Gym	ath	11:15-12:15	CrossFit Trial - prova	floor
17:15-19:15	Open Gym	ath	17:45-18:45	CrossFit class	floor	11:15-13:15	Open Gym	ath
17:30-18:30	CrossFit class	floor	18:15-19:00	TRX suspension training	trx	12:30-13:30	CrossFit class	floor
17:30-18:30	CrossFit Mobility	trx	19:00-20:00	CrossFit class	floor	13:30-15:30	Open Gym	ath
18:45-19:45	CrossFit class	floor	19:30-20:30	CrossFit Mobility	trx	13:45-14:45	On Ramp	trx
18:45-19:45	On Ramp	trx	19:30-21:30	Open Gym	ath			
19:30-21:30	Open Gym	ath	20:15-21:15	CrossFit class	floor			
20:00-21:00	CrossFit class	floor						

La direzione si riserva la facoltà di apportare le modifiche al planning per esigenze organizzative e funzionali, previo avviso alla clientela

Tutti i corsi sono su prenotazione, tramite APP proprietaria o rivolgendosi alla sezione messaggi della pagina FB; per prenotare è necessario essere in possesso di un profilo attivo (abbonamento valido, quota associativa valida, certificato medico NON agonistico valido)

Numero minimo dei partecipanti 4