



PALINSESTO CROSSFIT 2023-2024						
	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
6:45 7:45		CROSSFIT	CROSSFIT		CROSSFIT	APERTURA ORE 9:00
8:00 9:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
9:00 10:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
10:30 11:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
11:30 13:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
13:00 14:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
14:00 16:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
16:00 17:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
17:00 18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
18:00 19:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
19:00 20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
20:00 21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
	WEIGHTLIFTING	ENDURANCE	GYMNASTIC			
21:00 22:00	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	OPEN BOX	