



CROSSFIT

REBORN

TORRE

Ore	LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ			SABATO	DOMENICA
	AULA MAGNA	PESISTICA	OPEN GYM TATAMI	AULA MAGNA	PESISTICA	OPEN GYM TATAMI	AULA MAGNA	PESISTICA	OPEN GYM TATAMI	AULA MAGNA	PESISTICA	OPEN GYM TATAMI	AULA MAGNA	PESISTICA	OPEN GYM TATAMI	AULA MAGNA	AULA MAGNA
6	15 30 45	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			
7	15 30 45	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			
9	15 30 45	CF PINK				MOBILITY CORE		CF PINK				MOBILITY CORE		CF PINK			CF PINK
10	15 30 45	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT
11	15 30 45																CROSSFIT
12	15 30 45	CROSSFIT						CROSSFIT			CROSSFIT						
13	15 30 45	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			
14	15 30 45																CROSSFIT
16	15 30 45	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			
17	15 30 45	CROSSFIT + CF TEEN			CROSSFIT + CF TEEN			CROSSFIT + CF TEEN			CROSSFIT + CF TEEN			CROSSFIT + CF TEEN			
18	15 30 45	CROSSFIT	GINNASTICA ARTISTICA	BODYFIT	CROSSFIT		MOBILITY CORE	CROSSFIT	GINNASTICA ARTISTICA	BODYFIT	CROSSFIT		MOBILITY CORE	CROSSFIT		BODYFIT	
19	15 30 45	CROSSFIT	PESISTICA OLY	BODYFIT	CROSSFIT		KRAV MAGA	CROSSFIT	ENDURANCE	PESISTICA OLY	BODYFIT	CROSSFIT		CROSSFIT		BODYFIT	
20	15 30 45	CROSSFIT		CALISTHENICS	CROSSFIT		CALISTHENICS	CROSSFIT				CROSSFIT		CROSSFIT			
21	15 30	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT						