

# ORARI CORSI 2018/19 1FIT

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:30/10:30 CrossFit WOD		9:30/10:30 CrossFit WOD		9:30/10:30 CrossFit WOD	
10:30/11:30 CrossFit KettleBells class	10:30/11:30 CrossFit WOD	10:30/11:30 CrossFit Weightlifting Strength class	10:30/11:30 CrossFit WOD	10:30/11:30 CrossFit Gymnastics class	11:00/12:00 CrossFit Team WOD
open box	open box	open box	open box	open box	open box
13:00/14:00 CrossFit WOD	13:00/14:00 CrossFit WOD	13:00/14:00 CrossFit WOD	13:00/14:00 CrossFit Metcon	13:00/14:00 CrossFit WOD	
open box	open box	open box	open box	open box	
18:00/19:00 CrossFit KettleBells class	18:00/19:00 CrossFit Metcon	18:00/19:00 CrossFit Weightlifting Strength class	18:00/19:00 CrossFit Metcon	18:00/19:00 CrossFit Gymnastics class	
18:00/19:00 Boxe				18:30/19:30 Boxe	
19:00/20:00 CrossFit WOD	19:00/20:00 CrossFit WOD	19:00/20:00 CrossFit WOD	19:00/20:00 CrossFit WOD	19:00/20:00 CrossFit WOD	
20:00/21:00 CrossFit WOD	19:00/20:00 CrossFit WOD	19:00/20:00 CrossFit WOD	19:00/20:00 CrossFit WOD	19:00/20:00 CrossFit WOD	
19:30/21:00 MMA + Savate		19:30/21:00 MMA + Boxe	19:30/21:00 Savate		