

# ORARI CORSI 2019/20 IFIT PALESTRE

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:00 - 10:00 <b>Cross PowerLifting</b>		9:00 - 10:00 <b>Cross Gymnastic</b>		9:00 - 10:00 <b>Cross WeightLifting</b>	10:00 - 11:00 <b>Cross Mix</b>
	13:00 - 14:00 <b>Cross Endurance</b>		13:00 - 14:00 <b>Cross Endurance</b>		
18:00 - 19:00 <b>Cross PowerLifting</b>	18:00 - 19:00 <b>Cross PowerLifting</b>	18:00 - 19:00 <b>Cross Gymnastic</b>	18:00 - 19:00 <b>Cross PowerLifting</b>	18:00 - 19:00 <b>Cross PowerLifting</b>	
18:30 - 20:00 <b>Boxe</b>		18:30 - 20:00 <b>Boxe</b>		18:30 - 20:00 <b>Boxe</b>	
19:00 - 20:00 <b>Cross PowerLifting</b>	19:00 - 20:00 <b>Cross PowerLifting</b>	19:00 - 20:00 <b>Cross Gymnastic</b>	19:00 - 20:00 <b>Cross PowerLifting</b>	19:00 - 20:00 <b>Cross PowerLifting</b>	
19:30 - 21:00 <b>Savate</b>	19:30 - 21:00 <b>Savate</b>		19:30 - 21:00 <b>Savate</b>		