

CROSSFIT BLUE SWEAT - ORARIO BOX 2019-2020

ORA	LUNEDI	MARTEDI	MERCOLEDI		GIOVEDI	VENERDI		SABATO	DOMENICA
7-8	CROSSFIT METABOLIC Matteo		TACFIT Roberto			TACFIT Roberto			
8-9		TACFIT Roberto	OPEN BOX		OPEN BOX	CROSSFIT METABOLIC Matteo			
9-10	TACFIT Roberto	OPEN BOX	TACFIT Roberto			TACFIT Roberto		OPEN BOX 9-12	OPEN BOX 9-13
10-11	OPEN BOX	TACFIT Roberto	STRENGHT Luca P.						
11-12	CALISTENIA Luigi	OPEN BOX	CALISTENIA Luigi		CTW Condition Training Warrior Roberto		CALISTENIA Luigi		
12-13									
13-14	TACFIT Roberto	CROSSFIT Cinzia	TACFIT Seal Grinder Roberto		CROSSFIT Lorenzo	TACFIT Roberto	SKILLS Stefano		
14-15	OPEN BOX		OPEN BOX			OPEN BOX			
15-16		TACFIT Roberto			TACFIT Roberto			CROSSFIT Rotazione	
16-17									
17-18	TACFIT Roberto	CrossFit Kids Matteo	CROSSFIT Cinzia		KETTLEBELL Roberto	CROSSFIT Cinzia	CrossFit Kids	OPEN BOX 16-18	
18-19	TACFIT Seal Grinder Roberto	KETTLEBELL Matteo	CROSSFIT Luca P.		TACFIT Seal Grinder Roberto	CROSSFIT Cinzia			
19-20	CROSSFIT Stefano	CROSSFIT Matteo	STRENGTH Luca P.	SKILLS Cinzia	CROSSFIT Stefano	CROSSFIT Cinzia			
20-21	CROSSFIT TEAM Lorenzo+Stefano	CROSSFIT Matteo	CROSSFIT Cinzia		CROSSFIT Stefano	CROSSFIT Cinzia			
21.00- 21.30	CrossFit PLUS Stefano	OPEN BOX	OPEN BOX		CrossFit PLUS Stefano	OPEN BOX			