

CROSSFIT BLUE SWEAT - ORARIO BOX 2020-2021

ORA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
7-8	CROSSFIT METABOLIC Matteo	CROSSFIT METABOLIC Barbara	TACFIT Luca R.	TACFIT Roberto	TACFIT Roberto		
8-9		TACFIT Roberto					
9-10	TACFIT Roberto		MOBILITY Luca R.	TACFIT Roberto	TACFIT Roberto		OPEN BOX 9.00-13.00
10-11	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	CROSSFIT Rotazione	
11-12							
12-13						CROSSFIT Rotazione	
13-14	TACFIT Roberto	CROSSFIT Cinzia	TACFIT Roberto	CROSSFIT Lorenzo	TACFIT Roberto	OPEN BOX	
14-15	OPEN BOX		OPEN BOX		OPEN BOX		
15-16						CROSSFIT Rotazione	
16-17							
17-18	CROSSFIT Luciano	CrossFit Kids Matteo	CROSSFIT Cinzia		CrossFit Kids Matteo	OPEN BOX 16.00-19.00	
18-19	TACFIT Roberto	CROSSFIT Matteo	CROSSFIT Cinzia	TACFIT Roberto	CROSSFIT Cinzia		
19-20	CROSSFIT Luciano	CROSSFIT Matteo	FORZA Luca P	CROSSFIT Stefano	CROSSFIT Cinzia		
20-21	CROSSFIT Lorenzo	CROSSFIT Matteo	CROSSFIT Luca P	CROSSFIT Stefano	CROSSFIT Cinzia		
21.00-21.30	OPEN BOX	OPEN BOX	OPEN BOX				