

PLANNING CROSSFIT & WOD

	7.00	10.00	11.00	12.00	12.30	17.00	18.00	19.00	20.00	21.00
lun	Crossfit Simone	Crossfit Gymnastic Simone Cusenza			Crossfit Francesca	Crossfit Francesca	Crossfit Simone Crossfit Endurance Francesca	Crossfit Francesca Crossfit Endurance Simone Crossfit Gymnastic Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea Tasselli	Crossfit Gymnastic Simone Cusenza
mar	Crossfit Endurance Andrea		Crossfit Andrea		Crossfit Francesca	Crossfit Endurance Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea	Crossfit Simone Crossfit Endurance Andrea	Crossfit Andrea Kettlebell Francesca	Crossfit Simone
mer	Crossfit Gymnastic Simone Cusenza	Crossfit Endurance Simone Cusenza			Crossfit Francesca	Crossfit Francesca	Crossfit Andrea Crossfit Endurance Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea	Crossfit Andrea	Crossfit Endurance Simone Cusenza
gio	Crossfit Simone		Crossfit Endurance Simone Cusenza		Crossfit Francesca	Crossfit Francesca	Crossfit Endurance Andrea	Crossfit Simone Crossfit Endurance Andrea Tasselli Crossfit Gymnastic Simone Cusenza Kettlebell Francesca	Crossfit Andrea Crossfit Endurance Andrea Tasselli	Crossfit Gymnastic Simone Cusenza
ven		Crossfit Andrea	Crossfit Endurance Andrea		Crossfit Simone	Crossfit Endurance Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea	Crossfit Simone Crossfit Gymnastic Andrea	Crossfit Endurance Simone	
sab		Crossfit Simone Crossfit Endurance TEAM WOD Andrea Kettlebell Francesca	Crossfit Satwod Simone	Crossfit Andrea						

PLANNING POWERLIFTING

	10.00	11.00	12.00	17.00	18.00	21.00
lun		POWERLIFTING 11.00 - 12.00 Francesca Parrello			POWERLIFTING 18.00 - 21.00 Simone Panizza	
mar						
mer		POWERLIFTING 11.00 - 12.00 Francesca Parrello			POWERLIFTING 18.00 - 21.00 Simone Panizza	
gio						
ven		POWERLIFTING 11.00 - 12.00 Simone Panizza			POWERLIFTING 18.00 - 21.00 Simone Panizza	
sab						

PLANNING SKILL & STRENGTH CLASSES

	7.00	9.00	11.00	12.00	12.30	18.00	19.00	20.00	21.00
lun			Strength Francesca				Strength Simone Panizza Acrobatica AEREA Vanessa	Strength Francesca Callsthenics Simone Cusenza Stretching Vanessa Yoga Mirajay	Acrobatica AEREA Vanessa
mar						Strength Francesca Callsthenics Simone Cusenza	Weightlifting Francesca Acrobatica AEREA Giulia	Strength Simone	
mer			Strength Francesca		Strength Simone Callsthenics Simone Cusenza	Strength Francesca	Strength Simone Panizza Barbell Conditioning Francesca Callsthenics Simone Cusenza Acrobatica AEREA Vanessa	STRONGMAN Francesca Strength Simone Callsthenics ADV Simone Cusenza Acrobatica AEREA Vanessa	Mobility 4 Crossfit Andrea
gio						STRONGMAN Francesca Acrobatica AEREA Giulia		Strength Simone Weightlifting Francesca Callsthenics Simone Cusenza	Callsthenics Fabio
ven	Strength Simone		Strength Simone Panizza			Strength Francesca Callsthenics Simone Cusenza	Strength Francesca Acrobatica AEREA Giulia	STRONGMAN Francesca	
sab		Callsthenics Simone Cusenza	STRONGMAN Francesca Mobility 4 Crossfit Andrea Acrobatica Simone Cusenza Acrobatica AEREA Giulia	Strength Simone Weightlifting Francesca					