

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 Francesca	Crossfit Lorenzo	Crossfit Simone Crossfit Endurance Francesca Kettlebell Lorenzo	Crossfit Francesca Crossfit Endurance Simone Crossfit Gymnastic Simone Cusenza	Crossfit Simone Crossfit Endurance Lorenzo	Crossfit Gymnastic Lorenzo
mar	Crossfit Endurance Andrea		Crossfit Lorenzo		Crossfit Francesca	Crossfit Endurance Lorenzo	Crossfit Lorenzo Crossfit Endurance Simone	Crossfit Simone Crossfit Endurance Lorenzo	Crossfit Lorenzo Kettlebell Francesca	Crossfit Simone
mer	Crossfit Gymnastic Simone Cusenza	Crossfit Gymnastic Lorenzo	Crossfit Endurance Lorenzo		Crossfit Francesca	Crossfit Lorenzo	Crossfit Andrea Crossfit Endurance Simone Cusenza	Crossfit Simone Crossfit Endurance Andrea	Crossfit Francesca Crossfit Gymnastic Lorenzo	Crossfit Endurance Lorenzo
gio	Crossfit Simone		Crossfit Lorenzo		Crossfit Francesca	Crossfit Francesca	Crossfit Francesca Crossfit Endurance Lorenzo	Crossfit Simone Crossfit Endurance Simone Cusenza Crossfit Gymnastic Lorenzo Kettlebell Francesca	Crossfit Francesca Crossfit Endurance Lorenzo	Crossfit Lorenzo
ven			Crossfit Gymnastic Lorenzo		Crossfit Simone	Crossfit Endurance Lorenzo	Crossfit Simone Crossfit Endurance Andrea Kettlebell Francesca	Crossfit Simone Crossfit Gymnastic Andrea	Crossfit Francesca Crossfit Endurance Simone	
sab		Crossfit Simone Crossfit Endurance TEAM WOD Lorenzo Kettlebell Francesca	Crossfit Satwod Simone	Crossfit Gymnastic Lorenzo						

PLANNING SKILL & STRENGTH CLASSES

	7.00	9.00	11.00	12.00	12.30	18.00	19.00	20.00	21.00
lun			Strength Simone Panizza				Strength Simone Panizza Acrobatica AEREA Vanessa	Strength Francesca Calisthenics Simone Cusenza Stretching Vanessa	
mar						Strength Francesca Calisthenics Simone Cusenza	Weightlifting Francesca Acrobatica AEREA Giulia	Strength Simone	
mer					Calisthenics Simone Cusenza	Strength Francesca	Strength Simone Panizza Weightlifting Francesca Calisthenics Simone Cusenza Acrobatica AEREA Vanessa	Strength Simone Calisthenics Simone Cusenza Acrobatica AEREA Vanessa	
gio						Acrobatica AEREA Giulia		Strength Simone Calisthenics Simone Cusenza	
ven	Strength Simone					Strength Lorenzo Calisthenics Simone Cusenza	Strength Francesca Acrobatica AEREA Giulia		
sab		Calisthenics Simone Cusenza	Weightlifting Francesca Mobility 4 Crossfit Lorenzo Acrobatica Simone Cusenza Acrobatica AEREA Giulia	Crossfit STRONGMAN Francesca					

PLANNING POWERLIFTING

	11.00	12.00	18.00	21.00
lun		POWERLIFTING 11.00 - 12.00 Simone Panizza		POWERLIFTING 18.00 - 21.00 Simone Panizza
mar				
mer				POWERLIFTING 18.00 - 21.00 Simone Panizza
gio				
ven				POWERLIFTING 18.00 - 21.00 Simone Panizza
sab				