

CROSSFIT BLUE SWEAT - ORARIO BOX 2022-2023

ORA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
7-8	CROSSFIT	OPEN BOX	STRENGHT	MOBILITY	CROSSFIT	OPEN BOX	
9-10	OPEN BOX	OPEN BOX	CROSSFIT	OPEN BOX	OPEN BOX		
10-11	CROSSFIT	OPEN BOX	OPEN BOX	OPEN BOX	CROSSFIT	ADVANCED (10.30-12)	
12-13	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	CROSSFIT	
13-14	CROSSFIT	FUNCTIONAL TRAINING	CROSSFIT	FUNCTIONAL TRAINING	CROSSFIT	OPEN BOX	
	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		
17-18	CROSSFIT		KIDS		KIDS		
18-19	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
19-20	CROSSFIT	CROSSFIT	CROSSFIT	STRENGHT	CROSSFIT		
20-21	STRENGHT	CROSSFIT	ADVANCED (20-21.30)	CROSSFIT			