

Lunedì

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 06:30 alle 07:30

🔑 OpenBox

Box Area Wide

dalle 15:30 alle 17:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 17:00 alle 18:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 18:00 alle 19:00

On Ramp Class
Trainer/HeadCoach
Box Area Wide

dalle 19:00 alle 20:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 20:00 alle 21:00

Martedì

🔑 OpenBox

Box Area Wide

dalle 15:30 alle 17:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 17:00 alle 18:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 18:00 alle 19:00

On Ramp Class
Trainer/HeadCoach
Box Area Wide

dalle 19:00 alle 20:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 20:00 alle 21:00

Mercoledì

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 06:30 alle 07:30

🔑 OpenBox

Box Area Wide

dalle 15:30 alle 17:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 17:00 alle 18:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 18:00 alle 19:00

On Ramp Class
Trainer/HeadCoach
Box Area Wide

dalle 19:00 alle 20:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 20:00 alle 21:00

Giovedì

🔑 OpenBox

Box Area Wide

dalle 15:30 alle 17:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 17:00 alle 18:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 18:00 alle 19:00

On Ramp Class
Trainer/HeadCoach
Box Area Wide

dalle 19:00 alle 20:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 20:00 alle 21:00

Venerdì

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 06:30 alle 07:30

🔑 OpenBox

Box Area Wide

dalle 15:30 alle 17:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 17:00 alle 18:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 18:00 alle 19:00

On Ramp Class
Trainer/HeadCoach
Box Area Wide

dalle 19:00 alle 20:00

🔑 CrossFit Base Class
Trainer/HeadCoach
Box Area Wide

dalle 20:00 alle 21:00

Sabato

🔑 OpenBox

Box Area Small

dalle 10:30 alle 12:00

🔑 CF Chipper Class
Trainer/HeadCoach
Box Area Wide

dalle 10:30 alle 12:00

On Ramp Class
Trainer/HeadCoach
Box Area Wide

dalle 15:00 alle 16:30

🔑 Free Trial Class
Trainer/HeadCoach
Box Area Small

dalle 16:30 alle 17:30

Domenica