



CrossFit gennaio giugno 2023

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
07.00-08.00 WOD		07.00-08.00 WOD		07.00-08.00 WOD		
09.30-10.30 WOD	09.30-10.30 OPEN BOX	09.30-10.30 WOD	09.30-10.30 WOD		10.00-11.00 WOD	
					11.00-12.00 WEIGHTLIFTING	10.30-11.30 OPEN WOD
					12.00-13.30 OPEN BOX	
12.15-13.15 WOD	12.15-13.15 WOD	12.15-13.15 WEIGHTLIFTING	12.15-13.15 WOD	12.15-13.15 WOD		
	16.15-17.15 WOD TEENS		16.15-17.15 WOD TEENS			
17.15-18.15 WOD	17.15-18.15 WOD	17.30-18.30 WOD	17.15-18.15 WOD	17.00-18.00 WOD		
18.15-19.15 WOD	18.15-19.15 WOD	18.30-19.30 WOD	18.15-19.15 WOD	18.00-19.00 WOD		
19.15-20.15 WOD	19.15-20.45 CALISTHENICS	19.30-20.30 WEIGHTLIFTING	19.15-20.15 WOD	19.00-20.30 COMPETITORS		
20.15-21.45 COMPETITORS	20.45-21.45 WOD	20.30-21.30 WOD	19.45-21.15 CALISTHENICS	20.30-21.30 WOD		