

	LUN	MAR	MER	GIO	VEN	SAB
7:00	CrossFit		CrossFit		CrossFit	
9:00	CrossFit		CrossFit		CrossFit	CrossFit Basic
10:00						On Ramp
11:00						CrossFit
13:00		CrossFit Basic		CrossFit Basic		
13:30	CrossFit		CrossFit		CrossFit	
14:00		CrossFit		CrossFit		
14:30	CrossFit		CrossFit Basic		CrossFit Basic	
17:30		CrossKids		CrossKids		
18:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
19:00	CrossFit	CrossFit Basic	CrossFit	CrossFit	CrossFit	
20:00	CrossFit	CrossFit	CrossFit	CrossFit Basic	CrossFit	
21:00	CrossFit	On Ramp	CrossFit	On Ramp	CrossFit	