

NO DAYS OFF

SEVESO

CLASSI ILLIMITATE

FREE OPEN BOX

COMPETITOR PROGRAM

ALLENATI DOVE VUOI

EAT,
REPEAT
TRAIN,
REPEAT
SLEEP,
REPEAT

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

	CROSSFITCLASS 07.00 08.00			CROSSFITCLASS 07.00 08.00	
CROSSFITCLASS 09.30 10.30	BURNCROSSFIT 09.30 10.30	CROSSFITCLASS 09.30 10.30	BURNCROSSFIT 09.30 10.30	CROSSFITCLASS 09.30 10.30	
CROSSFITCLASS 12.30 13.30	BURNCROSSFIT 12.30 13.30	CROSSFITCLASS 12.30 13.30	BURNCROSSFIT 12.30 13.30	CROSSFITCLASS 12.30 13.30	TEAMBURN IT 10.30 11.30
CROSSFITCLASS 15.00 16.00	CROSSFITCLASS 15.00 16.00	CROSSFITCLASS 15.00 16.00	CROSSFITCLASS 15.00 16.00	CROSSFITCLASS 15.00 16.00	TEAMCLASS 11.30 12.30
BURNCROSSFIT 17.30 18.30	CROSSFITCLASS 18.00 19.00	CROSSFITCLASS 17.30 18.30	CROSSFITCLASS 18.00 19.00	BURNCROSSFIT 17.30 18.30	
CROSSFITCLASS 18.30 19.30	BURNCROSSFIT 19.00 20.00	CROSSFITCLASS 18.30 19.30	BURNCROSSFIT 19.00 20.00	CROSSFITCLASS 18.30 19.30	
CROSSFITCLASS 19.30 20.30	CROSSFITCLASS 20.00 21.00	BURNCROSSFIT 19.30 20.30	CROSSFITCLASS 20.00 21.00	CROSSFITCLASS 19.30 20.30	