

NO DAYS OFF

SEVENHEAD

CLASSI ILLIMITATE

FREE OPEN BOX

COMPETITOR PROGRAM

ALLENATI DOVE VUOI

EAT,
REPEAT
TRAIN,
REPEAT
SLEEP,
REPEAT

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

CROSSFITCLASS
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