

ORARI

OFFICINE MILANO

	LUNEDÌ	MARTEDÌ	MERCOLDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
6:45	CrossFit	CrossFit	Long Lasting Freshness	CrossFit	CrossFit		
8:00	CrossFit	CrossFit	Long Lasting Freshness	CrossFit	CrossFit		
10.00	CrossFit		CrossFit		CrossFit	Body Flow	Sunday Clininc / Crossfit
11.00						CrossFit	CrossFit
12.00						CrossFit	
13.00	CrossFit	CrossFit	CrossFit	Long Lasting Freshness	CrossFit		
14.00						Power Hour (1h30')	
17.00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
18.00	CrossFit	Pumpin' Iron	CrossFit	Pumpin' Iron	CrossFit		
19.00	CrossFit	CrossFit	Lord of Rings	Hook Grip	CrossFit		
20.00	CrossFit	Power Hour (1h30')	CrossFit	CrossFit	CrossFit		
21.00	CrossFit 30'		CrossFit 30'	CrossFit 30'			

