

ORARI

CrossFit ROVERI (05/2018)

ORARI	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.00 / 8.00	FIT	FIT		FITeam	FIT		
10.00 / 13:00						OPEN GYM	
11.00 / 12.00						FITeam (o 10:30 / 11:30)	THE PUNISHER (Saltuarimente)
12.00 / 13.00						Dynamic YOGA	
12.00 / 14:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
13.00 / 14.00	SWEAT	SWEAT	SWEAT	FITeam	SWEAT		
13.00 / 14.00	FIT	FIT	FIT	FITeam	FIT		
16.30 / 18.30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
17.30 / 18.30	SWEAT	SWEAT	SWEAT	KIDS (17:15-18:00)	SWEAT		
18.00 / 19.00	FIT	FIT	FIT	FITeam	FIT		
18.00 / 19.00		WEIGHTLifting	Gymnastic				
18.30 / 19.30	SWEAT	SWEAT	SWEAT	WEIGHTLifting (18:30-19:30)	SWEAT		
19.00 / 20.00	FIT	FIT	FIT	FITeam	FIT		
19.00 / 20.00	Endurance		Endurance		WEIGHTLifting		
19.30 / 20.30	SWEAT	SWEAT	SWEAT		SWEAT		
20.00 / 21.00	FIT	FIT	FIT	FITeam			

APERTURA BOX: Lun-Ven 12:00 - 14:30 / 16:30 - 21:30 (Ven 21:00)

Sab. 10:00 - 13:00 (Dom. saltuarimente)

DESK Assistance: Dalle 18:00 alle 20:00