

ORARI & Classi

CrossFit ROVERI (10/2018)

Orari	LUN	MAR	MER	GIO	VEN	SAB	DOM
7:00 - 8:00	FIT	SWEAT		FiTeam	FIT		
10:30 - 12:30						OPEN GYM	
11:00 - 12:00						FiTeam	"THE PUNISHER" (Saltuarimente)
12:00 - 13:00							
12:00 - 14:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
13:00 - 14:00	SWEAT	FiTeam	SWEAT	FiTeam	SWEAT		
13:00 - 14:00	FIT	FiTeam	FIT	FiTeam	FIT		
15:30 - 17:00						FIT + ROM Wod (e OPEN GYM)	
16:30 - 18:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
17:30 - 18:30	SWEAT	SWEAT	SWEAT		SWEAT		
18:00 - 19:00	FIT	FIT	FIT	FiTeam	FIT		
18:00 - 19:00		WEIGHTLifting					
18:30 - 19:30	SWEAT	SWEAT	ON-Ramp	WEIGHTLifting (18:30-19:30)	SWEAT		
19:00 - 20:00	FIT	FIT	FIT	FiTeam	FIT		
19:00 - 20:00		WL-Perform	DIFESA Personale		STRENGTH		
19:30 - 20:30	SWEAT	SWEAT	SWEAT		SWEAT		
20:00 - 21:00	FIT	FIT	FIT	FiTeam			
20:00 - 21:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		

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

Sab. 10:00-12:30 / 15:30-17:30 (Dom. saltuarimente)

Vietato OPEN GYM: Dalle 18:00 alle 20:00

DESK Assistance: Dalle 18:00 alle 20:00

Per qualsiasi richiesta inviate una e mail a info@crossfitroveri.it