



S.S.D THE ELEMENT POWERED BY AUDACE a R.L.
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ORARIO ESTIVO DAL 09/06 AL 07/09/25

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07.00	CROSSTRAINING	HYROX	CROSSTRAINING	HYROX	CROSSTRAINING	
09.00	CROSSTRAINING		HYROX		CROSSTRAINING	09.30 CROSSTRAINING
09.30		CROSSTRAINING		CROSSTRAINING		10.30 BODY
10:00	CROSSTRAINING TEEN		CROSSTRAINING TEEN		CROSSTRAINING TEEN	
11.30						11.30 HYROX
12.30	CROSSTRAINING	HYROX	BODY	HYROX	CROSSTRAINING	
13.30	BODY	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	BODY	
14.30	CROSSTRAINING		HYROX		CROSSTRAINING	
15.30		CROSSTRAINING		CROSSTRAINING		
17.30	BODY	HYROX	CROSSTRAINING	HYROX	BODY	
18.30	CROSSTRAINING	CROSSTRAINING	BODY	CROSSTRAINING	CROSSTRAINING	
19.30	CROSSTRAINING BASE / HYROX	CALISTHENICS / STRENGTH	CROSSTRAINING / CROSSTRAINING BASE	CALISTHENICS / STRENGTH	CROSSTRAINING BASE / HYROX	
20.30	CROSSTRAINING				CROSSTRAINING	