

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7.00-8.00	CROSSTRaining	HYROX	CROSSTRaining	HYROX	CROSSTRaining	
9.00-10.00	CROSSTRaining		HYROX		CROSSTRaining	
9.30-10.30		CROSSTRaining		CROSSTRaining		CROSSTRaining
10.30-11.30						BODY 30+30
11.30-12.30						HYROX
12.30-13.30	CROSSTRaining	HYROX	BODY 30+30	HYROX	CROSSTRaining	
13.30-14.30	BODY 30+30	CROSSTRaining	CROSSTRaining	CROSSTRaining	BODY 30+30	
14.30-15.30	CROSSTRaining		HYROX		CROSSTRaining	
15.30-16.30		CROSSTRaining		CROSSTRaining		
16.30-17.30	CROSSTRaining TEEN		CROSSTRaining TEEN		CROSSTRaining TEEN	
17.30-18.30	BODY 30+30	HYROX	CROSSTRaining	HYROX	BODY 30+30	
18.30-19.30	CROSSTRaining	CROSSTRaining	BODY 30+30	CROSSTRaining	CROSSTRaining	
19.30-20.30	HYROX	STRENGHT	CROSSTRaining	STRENGHT	HYROX	
	CROSS.BASE	CALISTHENICS	CROSS. BASE	CALISTHENICS	CROSS. BASE	
20.30-21.30	CROSSTRaining				CROSSTRaining	