



CROSSFIT

REBORN

ALMÉ

| Ore | | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO | DOMENICA |
|-----|----|----------|----------|-----------|----------|----------|----------|----------|
| 6 | 45 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| | 15 | | | | | | | |
| 7 | 30 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| | 15 | | | | | | | |
| 9 | 15 | CF PINK | | CF PINK | | CF PINK | CF PINK | |
| | 30 | | | | | | | |
| | 45 | | | | | | | |
| 10 | 15 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | |
| | 30 | | | | | | | |
| | 45 | | | | | | | |
| 11 | 15 | | | | | | CROSSFIT | CROSSFIT |
| | 30 | | | | | | | |
| | 45 | | | | | | | |
| 13 | 15 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| | 30 | | | | | | | |
| | 45 | | | | | | | |
| 14 | 15 | | | | | | CROSSFIT | |
| | 30 | | | | | | | |
| | 45 | | | | | | | |
| 17 | 45 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| | 15 | | | | | | | |
| 18 | 30 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| | 45 | | | | | | | |
| | 15 | | | | | | | |
| 19 | 15 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| | 30 | | | | | | | |
| | 45 | | | | | | | |
| 20 | 15 | BODYFIT | CROSSFIT | BODYFIT | CROSSFIT | BODYFIT | CROSSFIT | |
| | 30 | CROSSFIT | | CROSSFIT | | CROSSFIT | | |
| | 45 | | | | | | | |
| 21 | 15 | CROSSFIT | | | CROSSFIT | | | |
| | 30 | | | | | | | |