PLANNING CORSI 2019 - 2020

PROGRAMMA SETTIMANALE

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	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
6	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
7	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
8							
9 30	BODY FIT		BODY FIT		BODY FIT		
10 30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT / PESISTICA	CROSSFIT
11 30						CROSSFIT	
13	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
14 30		BODY FIT		BODY FIT		CROSSFIT	
15 30							
16 30 45	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
17 30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
18 30 45	CROSSFIT / BODY FIT	CROSSFIT / MOBILITY / CORE	CROSSFIT / BODY FIT / PESISTICA	CROSSFIT / MOBILITY / CORE	CROSSFIT / BODY FIT / PESISTICA		
19 30 45	CROSSFIT / CALISTHENICS / CCS	CROSSFIT / CALISTHENICS / PL / CCS	CROSSFIT / AC / GINNASTICA	CROSSFIT / CALISTHENICS / PL / CCS	CROSSFIT / AC / GINNASTICA		
20 30							
21 30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		

CROSSFIT | BODY FIT | AEROBIC CAPACITY | POWERLIFTING | MOBILITY / CORE | CALISTHENICS | PESISTICA | GINNASTICA | CCS