

BOX STALINGRADO

CROSS TRAINING - TACFIT	LUN	MAR	MER	GIO	VEN	SAB
	7:00 - 8:00 CLASS		7:00 - 8:00 CLASS		7:00 - 8:00 CLASS	
		8:00 - 9:00 MOBILITY				
				11:30 - 12:30 MOBILITY		11:00 - 12:00 WEIGHT LIFTING
						12:00 - 13:00 ENDURANCE
	13:15 - 14:15 ENDURANCE	13:15 - 14:15 CLASS	13:15 - 14:15 CLASS	13:15 - 14:15 CLASS	13:15 - 14:15 CLASS	
	18:00 - 19:00 CLASS	18:00 - 19:00 CLASS	18:00 - 19:00 ENDURANCE	18:00 - 19:00 CLASS	18:00 - 19:00 ENDURANCE	
	19:00 - 20:00 CLASS		19:00 - 20:00 CLASS		19:00 - 20:00 CLASS	
		20:00 - 21:00 TACFIT		20:00 - 21:00 TACFIT		

CALISTHENICS	LUN	MAR	MER	GIO	VEN
	17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	17:00 - 18:00
		19:00 - 20:00		19:00 - 20:00	
	20:00 - 21:00		20:00 - 21:00		

OPEN GYM	LUN	MAR	MER	GIO	VEN	SAB
	8:00 - 13:00		8:00 - 13:00		8:00 - 13:00	
		10:00 - 13:00		10:00 - 13:00		10:00 - 11:00
						13:00 - 15:00
14:15 - 17	14:15 - 17	14:15 - 17	14:15 - 17	14:15 - 17		