

# TBT TRAINING

ORARIO CLASSI DI CROSSFIT / CROSSFIT ON RAMP / THAIBOXE

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00/8:00	CROSSFIT		CROSSFIT		CROSSFIT		
11:00/12:00	THAI BOXE	THAI BOXE	THAI BOXE	THAI BOXE	THAI BOXE	CROSSFIT THAI BOXE	
12:00/13:00	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	
13:00/14:00	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE		
18:00/19:00	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE		
19:00/20:00	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT THAI BOXE		
20:00/21:00	CROSSFIT THAI BOXE	CROSSFIT CROSSFIT ON RAMP* THAI BOXE	CROSSFIT THAI BOXE	CROSSFIT CROSSFIT ON RAMP* THAI BOXE	CROSSFIT THAI BOXE		