



# Planning orario CrossFit Viper 2020-2021

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
9:30	CrossFit Class	9:30	CrossFit Class	9:30	CrossFit Class	9:30	CrossFit Class	9:30	CrossFit Class	9:30	CrossFit Class
10:30	Open Gym	10:30	Open Gym	10:30	Open Gym	10:30	Open Gym	10:30	Open Gym	10:30	Mobility
11:30	Open Gym	11:30	Open Gym	11:30	Open Gym	11:30	Open Gym	11:30	Open Gym	11:30	CrossFit Class
12:30	Open Gym	12:30	Open Gym	12:30	Open Gym	12:30	Open Gym	12:30	Open Gym		
13:30	CrossFit Class	13:30	CrossFit Class	13:30	CrossFit Class	13:30	CrossFit Class	13:30	CrossFit Class		
14:30	Open Gym	14:30	Open Gym	14:30	Open Gym	14:30	Open Gym	14:30	Open Gym		
15:30	Open Gym	15:30	Open Gym	15:30	Open Gym	15:30	Open Gym	15:30	Open Gym		
16:30	CrossFit Class	16:30	CrossFit Class	16:30	CrossFit Class	16:30	CrossFit Class	16:30	CrossFit Class		
17:30	CrossFit "Teen"	17:30	CrossFit "Kids"	17:30	CrossFit "Teen"	17:30	CrossFit "Kids"	17:30	CrossFit "Teen"		
18:30	CrossFit Class	18:30	CrossFit Class	18:30	CrossFit Class	18:30	CrossFit Class	18:30	CrossFit Class		
19:30	Mobility	19:30	Mobility	19:30	Mobility	19:30	Mobility	19:30	Mobility		
20:00	CrossFit Class	20:00	CrossFit Class	20:00	CrossFit Class	20:00	CrossFit Class	20:00	CrossFit Class		

**Head Coach:** Adriano Di Giambattista

**Seguici su**   @crossfit.viper e @vigorsportingcenter