

PALINSESTO

	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.00—8.00	HYROX PREP	HYROX PREP	HYROX PREP	HYROX PREP	HYROX PREP		
8.00—9.00	OPEN GYM	CROSSTRAINING	OPEN GYM	CROSSTRAINING	OPEN GYM	09—10	
9.30—10.30	CROSSTRAINING	OPEN GYM	CROSSTRAINING	OPEN GYM	CROSSTRAINING	OPEN GYM	
10.00—11.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	10—11	
11.00—12.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CROSSTRAINING	
12.00—13.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	11—12	HYROX SIMULATION CLASS 10.30—11.30
13.00—14.00	HYROX PREP	CROSSTRAINING	HYROX PREP	CROSSTRAINING	HYROX PREP	HYROX PREP	
14.00—15.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	12—12.30	OPEN GYM 11.30—12.30
15.00—16.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	MOBILITY CLASS	
16.00—17.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	13—17	
17.00—18.00	HYROX PREP	HYROX PREP	CROSSTRAINING	HYROX PREP	HYROX PREP		
18.00—19.00	CROSSTRAINING	CROSSTRAINING	HYROX PREP	CROSSTRAINING	CROSSTRAINING		
19.00—20.00	HYROX PREP	HYROX PREP	CROSSTRAINING	HYROX PREP	HYROX PREP		
20.00—21.00	CALISTHENICS	CROSSTRAINING	METABOLIC	CROSSTRAINING	CROSSTRAINING		
21.00—22.00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		