

GYM CENTER



BOX TRAINING

ORARIO CORSI 24/25

SALA ATTREZZI 8.00 - 20.00

ORARI	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8.00 - 9.00		CROSS TRAINING			CROSS TRAINING	
11.00 - 12.00						PRE - BOXE
12.30 - 13.30						CROSS TRAINING
13.00 - 14.00	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING	
18.00 - 19.00		CROSS TRAINING		CROSS TRAINING		
19.00 - 20.00	CROSS TRAINING	PRE - BOXE	CROSS TRAINING	PRE - BOXE	CROSS TRAINING	