LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9:00 10:00 FUNCTIONAL		9:00 10:00 FUNCTIONAL		9:00 10:00 FUNCTIONAL		
7:00 13:30 OPEN BOX	7:00 13:30 OPEN BOX	7:00 13:30 OPEN BOX	7:00 13:30 OPEN BOX	7:00 13:30 OPEN BOX	10:00 11:00 CROSS TRAINING 11:00 12:00 HYROX STYLE 7:00 20:00 OPEN BOX	7:00 20:00 OPEN BOX
13:30 14:30 CROSS TRAINING	13:30 14:30 HYROX STYLE	13:30 14:30 CROSS TRAINING	13:30 14:30 CROSS TRAINING	13:30 14:30 HYROX STYLE		
14:30 18:30 OPEN BOX	14:30 18:00 OPEN BOX	16:45 17:30 CROSS KIDS 14:30 18:30 OPEN BOX	14:30 18:00 OPEN BOX	14:30 18:30 OPEN BOX		
18:30 19:30 CROSS TRAINING	18:00 19:00 HYROX STYLE	18:30 19:30 CROSS TRAINING	18:00 19:00 CROSS TRAINING	18:30 19:30 CROSS TRAINING		
19:30 20:30 CROSS TRAINING	19:00 20:00 CROSS TRAINING	19:30 20:30 CROSS TRAINING	19:00 20:00 HYROX STYLE	19:30 20:30 CROSS TRAINING		

L'OPEN BOX è consentito solo agli atleti con idoneo background anche durante l'orario delle classi se non affollate