

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
6.45	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING		
9.00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
9.30						GYMNASTIC WEIGHTLIFTING	
10.30							CROSS TRAINING
11.00						TEAM WOD	
13.00	CROSS TRAINING HYROX	CROSS TRAINING	CROSS TRAINING HYROX	CROSS TRAINING	CROSS TRAINING HYROX		
16.30			CROSS KIDS (3-5) CIRCUIT WOMAN				
16.45				CROSS KIDS (6-12)			
17.30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
18.30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING HYROX		
19.30	CROSS TRAINING	HYROX	CROSS TRAINING	HYROX	CROSS TRAINING		
20.30			BOXE AL FEMMINILE AUTODIFESA				

# SETTIMANA DEL BENESSERE

**DAL 14 AL 22 MARZO 2026**

**PALINSESTO CORSI BOX - VIA NUOVA PONENTE 27, CARPI**

INFO E PRENOTAZIONI AL NUMERO W.APP 376 228 4666