



SUMMER SCHEDULE

3-08 → 16-08

24-08 → 30-08

CHIUSI 15-08-26

 **MECCANICA**

Lun

6:45

CF+ BURN IT

9:30

CF + BURN IT

13:00

CF + BURN IT

17:00

CF + BURN IT

18:00

CF + BURN IT

19:00

CF + BURN IT
CALISTHENICS

20:00

CF + BURN IT
CALISTHENICS

Mar

6:45

CF + BURN IT

9:30

CF + BURN IT

13:00

CF + BURN IT

17:15

CF + BURN IT

18:30

CF + BURN IT

19:00

CALISTHENICS

19:30

CF + BURN IT

20:00

CALISTHENICS

20:30

CF + BURN IT

Mer

6:45

CF + BURN IT

9:30

CF + BURN IT

13:00

CF+ BURN IT

17:00

CF + BURN IT

18:00

CF + BURN IT

19:00

CF + BURN IT
CALISTHENICS

20:00

CF + BURN IT
CALISTHENICS

Gio

6:45

CF + BURN IT

9:30

CF + BURN IT

13:00

CF + BURN IT

17:15

CF + BURN IT

18:30

CF + BURN IT

19:00

CALISTHENICS

19:30

CF + BURN IT

20:00

CALISTHENICS

20:30

CF + BURN IT

Ven

6:45

CF + BURN IT

9:30

CF + BURN IT

13:00

CF + BURN IT

17:30

CF + BURN IT

18:30

CF + BURN IT
CALISTHENICS

19:30

CF + BURN IT
CALISTHENICS

Sab

11:00

TEAM WOD

A black and white photograph of two men in a gym, both lifting dumbbells overhead. The man on the right is in the foreground, wearing a t-shirt with 'ATHLETE JACOPO FLEARI' and 'POLARIS' printed on it. The man on the left is slightly behind him. The background shows gym equipment and a sign that says 'IS OFF'.

SUMMER SCHEDULE

17-08 → 23-08

CHIUSI 15-08-26

 **MECCANICA**

**Lun - Mar -
Mer - Gio - Ven**

18:00

CROSSFIT + BURN IT

19:00

CROSSFIT + BURN IT

17:30 - 20:00

OPEN BOX

Lun - Mar - Gio - Ven

19:00

CALISTHENICS

Sab

11:00

TEAM WOD