

GROUP SCHEDULE BEFIT BOX

	ПН	БТ	СР	ЧТ	ПТ	СБ
7:00	CROSSFIT ADVANCE		CROSSFIT ADVANCE		CROSSFIT ADVANCE	
8:00		BOOTCAMP		BOOTCAMP		BOOTCAMP
9:00	CROSSFIT		CROSSFIT		CROSSFIT	
9:30		OCR (OBSTACLE COURSE RACE)		OCR (OBSTACLE COURSE RACE)		OCR (OBSTACLE COURSE RACE)
10:00	CROSSFIT		CROSSFIT		CROSSFIT	
11:00	CROSSFIT ADVANCE	KICKBOXING 16+	CROSSFIT ADVANCE	KICKBOXING 16+	CROSSFIT ADVANCE	KICKBOXING 16+
12:00	LADY KICKBOXING 16+		LADY KICKBOXING 16+		LADY KICKBOXING 16+	
13:00	KICKBOXING 16+	BOOTCAMP	KICKBOXING 16+	BOOTCAMP	KICKBOXING 16+	BOOTCAMP
14:00	BOOTCAMP		BOOTCAMP		BOOTCAMP	
15:00		САМООБОРОНА		САМООБОРОНА		САМООБОРОНА
16:00	CLIMBING 7-12		CLIMBING 7-12		CLIMBING 7-12	
16:30	KICKBOXING 6-11	BOXING 12-15	KICKBOXING 6-11	BOXING 12-15	KICKBOXING 6-11	BOXING 12-15
17:30	THAI BOX 12-15	KICKBOXING 12-15	THAI BOX 12-15	KICKBOXING 12-15	THAI BOX 12-15	KICKBOXING 12-15
17:30	CLIMBING 7-12	CLIMBING 7-12	CLIMBING 7-12	CLIMBING 7-12	CLIMBING 7-12	CLIMBING 7-12
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
18:30	CLIMBING 13+	CLIMBING 13+	CLIMBING 13+	CLIMBING 13+	CLIMBING 13+	CLIMBING 13+
19:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
19:00	BOXING 16+	KICKBOXING 16+	BOXING 16+	KICKBOXING 16+	BOXING 16+	KICKBOXING 16+
19:30	CLIMBING 13+		CLIMBING 13+		CLIMBING 13+	
20:00	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP
20:00		САМООБОРОНА		САМООБОРОНА		САМООБОРОНА
21:00	THAI BOX 16+	MMA	THAI BOX 16+	MMA	THAI BOX 16+	MMA
21:00	CLIMBING 13+		CLIMBING 13+		CLIMBING 13+	