

# MAÑANAS

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
08:00 - 09:00	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX		
09:15 - 10:15	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX
10:25 - 11:25											ENDURANCE B	
10:30 - 11:30	CROSSFIT	OPEN BOX	ENDURANCE A	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX		
10:35 - 11:35											HALTEROFILIA	
11:45 - 12:45	OPEN BOX		CROSSFIT	OPEN BOX	HALTEROFILIA	OPEN BOX	ENDURANCE B	OPEN BOX	OPEN BOX		CROSSFIT	OPEN BOX
13:00 - 14:00			CROSSFIT	OPEN BOX			CROSSFIT	OPEN BOX				

# TARDES

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
16:10 - 17:10	CROSSFIT	OPEN BOX			CROSSFIT	OPEN BOX			CROSSFIT	OPEN BOX
17:10 - 18:10	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX		
17:15 - 18:15									CROSSFIT	OPEN BOX
18:10 - 19:10	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT			
18:20 - 19:20									OPEN BOX	
18:35 - 19:35	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT			
19:10 - 20:10	CROSSFIT		ENDURANCE A		CROSSFIT		GIMNASTICOS			
19:30 - 20:30									CROSSFIT	OPEN BOX
19:35 - 20:35	CROSSFIT		CROSSFIT		HALTEROFILIA		CROSSFIT			
20:10 - 21:10	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT			
20:35 - 21:35	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT	OPEN BOX
21:10 - 22:10	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT			
21:35 - 22:35	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT			