

HORAS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00		CrossFit		CrossFit		
8:00	CrossFit/ Open	CrossFit/ Open		CrossFit/ Open	CrossFit/ Open	
9:30	CrossFit/ Open	CrossFit/ Open	CrossFit/ Open	CrossFit/ Open	CrossFit/ Open	
10:00						CrossFit/ Open
11:00	Open	Open	Open	Open	Open	CrossFit/ Open
12:00		CrossFit/ Open		CrossFit/ Open		
12:30	CrossFit/ Open		CrossFit/ Open		CrossFit/ Open	
16:30	CrossFit/ Open		CrossFit/ Open			
17:00		CrossFit/ Open		CrossFit/ Open	CrossFit/ Open	
17:30	CrossFit/ Open		CrossFit/ Open			
18:00		CrossFit/ Open		CrossFit/ Open	CrossFit/ Open	
18:30	CrossFit/ Open		CrossFit/ Open			
19:00		CrossFit/ Open		CrossFit/ Open	CrossFit/ Open	
19:30	CrossFit/ Open		CrossFit/ Open			
20:00		CrossFit/ Open		CrossFit/ Open		
20:30	CrossFit/ Open		CrossFit/ Open			
21:00		CrossFit/ Open		CrossFit/ Open		