

HORARIOS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	CrossFit		CrossFit		CrossFit		
8:15	Open Box		Open Box		Open Box		
9:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
10:00						Mobility Open Box	
10:30	CrossFit	CrossFit	Booty	Open Box			
11:00			Open Box			CrossFit	Open Box
11:30	Open Box	Open Box	Open Box	Open Box	CrossFit		
12:00						Open Box	
12:30	Open Box		Open Box	Open Box	Open Box		
13:00	Open Box		Open Box	Open Box	Open Box		
14:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
15:15	Open Box	Open Box	Open Box	Open Box	Booty Open Box		
16:15	CrossFit	Weightlifting Open Box	CrossFit	CrossFit	CrossFit		
17:15	CrossFit KIDS	CrossFit	Mobility Open Box	CrossFit KIDS	CrossFit Open Box		
18:15	CrossFit		CrossFit				
18:20		Endurance Open Box		Gimnastics Endurance			
19:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
20:20	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
21:30	CrossFit	CrossFit	CrossFit	CrossFit			