

HORARIOS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	CrossFit		CrossFit		CrossFit		
8:20	Open Box		Open Box		Open Box		
9:30							
10:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Open Box Mobility	
10:30	Booty	Open Box	Booty	Open Box			
10:45	Open Box	CrossFitter +60	Open Box	CrossFitter +60			Open Box
11:00						CrossFit	
11:30							
11:45	CrossFit	Open Box	CrossFit	Open Box	CrossFit		
12:00							
12:30	Open Box		Open Box		Open Box		
13:00	Open Box		Open Box		Open Box		
14:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
15:15	Open Box	Open Box	Open Box	Open Box	Open Box Booty		
16:15	CrossFit	Weightlifting Open Box	CrossFit	CrossFit	CrossFit		
17:15	CrossFit KIDS	CrossFit	Open Box Mobility	CrossFit KIDS	Endurance		
18:15	CrossFit		CrossFit		CrossFit		
18:20		Open Box Endurance		Gimnastics Endurance			
19:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
20:20	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
21:30	CrossFit	CrossFit	CrossFit	CrossFit			