

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
7:00h	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8:00h	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9:00h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
10:00h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
11:00h	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	TEAM WOD
12:00h	OPEN BOX	OPEN BOX	OLY	OPEN BOX	OPEN BOX	OPEN BOX
13:00h	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	OPEN BOX
14:00h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
15:00h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
16:00h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
17:00h	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
18:00h	CROSSFIT	STRONG (WO)MAN	OLY	CROSSFIT	STRONG (WO)MAN	
19:00h	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
20:00h	METCON	CROSSFIT	CROSSFIT	CFX FIT	CROSSFIT	