	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:30	Strength	Strength	Strength	Strength	Strength	
8:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
9:00	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	9:00 CrossFit / Open Box
10:00	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	10:00 CrossFit / Open Box
10:45	Mobility / Halter / Power	Mobility / Halter / Power	Mobility / Halter / Power	Mobility / Halter / Power	Stretching / Halter / Power	11:00 CrossFit / Open Box
11:30	CrossFit / Halter / Power	CrossFit / Halter / Power	CrossFit / Halter / Power	CrossFit / Halter / Power	CrossFit / Halter / Power	12:00 CrossFit / Open Box
12:15	CrossFit / Halter / Power	CrossFit / Halter / Power	CrossFit / Halter / Power	CrossFit / Halter / Power	CrossFit / Halter / Power	13:00 CrossFit / Open Box
13:00	CrossFit / Stretch / Open Box	CrossFit / Stretch / Open Box	CrossFit / Stretch / Open Box	CrossFit / Stretch / Open Box	Stretching / Open Box	
13:45	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	
14:30	CrossFit / Open Box / CrossYoga	CrossFit / Open Box / CrossYoga	CrossFit / Open Box / CrossYoga	CrossFit / Open Box / CrossYoga	CrossFit / Open Box / CrossYoga	
16:45	CrossFit / Halt / Pwr	CrossFit / Halt / Pwr	CrossFit / Halt / Pwr	CrossFit / Halt / Pwr	CrossFit	CrossFit 2
17:30	CrossFit / Halt / Pwr	CrossFit / Halt / Pwr	CrossFit / Halt / Pwr	CrossFit / Halt / Pwr	CrossFit / Halt / Pwr	Stretehing
18:15	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / Halt / Pwr	CrossFit 2
19:00	CrossFit / Halt / Pwr / CrossFit 2	CrossFit / Halt / Pwr / CrossFit 2	CrossFit / Halt / Pwr / CrossFit 2	CrossFit / Halt / Pwr / CrossFit 2	CrossFit / Halt / Pwr	Stretehing
19:45	CrossFit / Gimnásticos / CrossFit 2	CrossFit / Mobility / CrossFit 2	CrossFit / Gimnásticos / CrossFit 2	CrossFit / Mobility / CrossFit 2	CrossFit / Open Box	
20:30	CrossFit / Gimnásticos / Yoga	CrossFit / Mobility / Yoga	CrossFit / Gimnásticos / Yoga	CrossFit / Mobility / Yoga		
21:15	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box		

Horario 2021

CrossFit db

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