	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	
8:00	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	CrossFit / CrossFit 2	
9:00	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	
10:00	CrossFit / Halterofilia	CrossFit / Halterofilia	CrossFit / Piedra	CrossFit / Halterofilia	CrossFit / Halterofilia	CrossFit 30´ / Open Box
11:00	CF 30´ 11:15 / Power / Stret	CF 30´ 11:15 / Power / Stret	CF 30´ 11:15 / Power / Stret	CF 30´ 11:15 / Power / Stret	CF 30´ 11:15 / Power / Stret	10:30 CrossFit / 10:30 Open Box
12:00	CF / Power / Haltero / Stret	CF / Power / Haltero / Stret	CF / Power / Stret	CF / Power / Haltero / Stret	CF / Power / Haltero / Stret	11:30 CF / 11:30 Open Box / 11:30 Yoga
13:00	CrossFit 30´ / Stretching	CrossFit 30´ / Stretching	CrossFit 30´ / Stretching	CrossFit 30´ / Stretching	CrossFit 30´ / Stretching	12:30 CF / 12:30 Open Box / 11:30 Yoga
13:30	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit 30´ / Open Box
14.30	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	CrossFit / Open Box	
17:00	CrossFit 30´ / Open Box	CrossFit 30´ / Open Box	CrossFit 30´ / Open Box	CrossFit 30´ / Open Box	CrossFit 30´ / Open Box	
17:30	CF / Power / Haltero / Stret / Stret	CF / Power / Haltero / Stret / Stret	CF / Power / Stret / Stret	CF / Power / Haltero / Stret / Stret	CF / Power / Haltero / Yoga	
18:30	CF / Haltero / Yoga	CF / Haltero / Yoga	CF / Piedra / Yoga	CF / Haltero / Yoga	CF / Haltero / Yoga	
19:30	CF / Power / Haltero / Stret / Stret	CF 30´ / CF 30´ / Power / Haltero / Stret / Stret	CF 30´ / CF 30´ / Power / Stret / Stret	CF 30´ / CF 30´ / Power / Haltero / Stret / Stret	CF / Power / Haltero	
20:30	CF / CF 2 / Yoga	CF / CF 2 / Yoga	CF / CF 2 / Yoga	CF / CF 2 / Yoga	CrossFit 30´	
21:30	CrossFit 30´ / CF Thirty	CrossFit 30´ / CF Thirty	CrossFit 30´ / CF Thirty	CrossFit 30´ / CF Thirty		

Horario 2020

CrossFit

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