

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES		SABADO	
7:15 – 8:15	CrossFit	Endurance	CrossFit	Halterofilia	CrossFit	10:00 – 11:00	Teams	Skills
			OPEN BOX			11:00 – 12:00	Teams	Kids
8:15 – 9:15	CrossFit	Halterofilia	CrossFit	CrossFit	CrossFit	12:00 – 13:00	OPEN BOX	
			OPEN BOX			13:00 – 14:00	OPEN BOX	
9:30 – 10:30			OPEN BOX					
10:30 – 11:30	CrossFit	CrossFit	Gimnásticos	CrossFit	Endurance		DOMINGO	
			OPEN BOX			10:30 – 11:30	OPEN BOX	
11:30 – 12:30			OPEN BOX			11:30 – 12:30	OPEN BOX	
12:30 – 13:30			OPEN BOX					
13:30 – 14:30	Endurance	CrossFit	CrossFit	Endurance	CrossFit			
			OPEN BOX					
14:30 – 15:30	CrossFit	CrossFit	Gimnásticos	CrossFit	Hell Endurance			
			OPEN BOX					
15:30 – 16:30			OPEN BOX					
16:30 – 17:30			OPEN BOX					
17:30 – 18:30	CrossFit	Endurance	CrossFit	CrossFit	CrossFit			
18:30 – 19:30	CrossFit	CrossFit	CrossFit	Gimnásticos	Hell Endurance			
19:30 – 20:30	Gimnásticos	CrossFit	Halterofilia	Skills	CrossFit			
20:30 – 21:30	CrossFit	CrossFit	CrossFit	Endurance	CrossFit			

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
14:30 – 15:30					Mobility
17:30 – 18:30					
18:00 - 19:00				Yoga	
19:00 - 20:00				Pilates	
19:30 – 20:30		Core			
19:45 - 20:45	Yoga				
20:30 – 21:30		Mobility	Core		