

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
CROSSFIT 06:15 - 07:15	CROSSFIT 06:15 - 07:15	CROSSFIT 06:15 - 07:15	CROSSFIT 06:15 - 07:15	CORE & HYROX 06:15 - 07:15	CROSSFIT 09:00 - 10:00	CROSSFIT 09:00 - 10:00
OPEN 07:30 - 08:30	HYROX 365 07:30 - 08:30	CROSSFIT 07:30 - 08:30	CROSSFIT 07:30 - 08:30	CROSSFIT 07:30 - 08:30	OPEN 09:00 - 10:00	OPEN 09:00 - 10:00
ENTRENAMIE... 07:30 - 08:30	OPEN 08:45 - 09:45	OPEN 07:30 - 08:30	OPEN 07:30 - 08:30	OPEN 07:30 - 08:30	CROSSFIT 10:15 - 11:15	CROSSFIT 10:15 - 11:15
CROSSFIT 08:45 - 09:45	CORE & HYROX 08:45 - 09:45	CROSSFIT 08:45 - 09:45	CROSSFIT 08:45 - 09:45	CROSSFIT 08:45 - 09:45	OPEN 10:15 - 11:15	OPEN 10:15 - 11:15
OPEN 08:45 - 09:45	OPEN 10:00 - 11:00	OPEN 08:45 - 09:45	OPEN 08:45 - 09:45	OPEN 08:45 - 09:45	HYROX 365 11:30 - 12:30	HYROX 365 11:30 - 12:30
OPEN 10:00 - 11:00	CROSSFIT 11:15 - 12:15	OPEN 10:00 - 11:00	OPEN 10:00 - 11:00	OPEN 10:00 - 11:00		

HYROX 365 10:15 - 11:15	OPEN 11:15 - 12:15	HYROX 365 10:15 - 11:15	CROSSFIT 11:15 - 12:15	HYROX 365 11:15 - 12:15
CROSSFIT 11:15 - 12:15	CROSSFIT 12:30 - 13:30	CROSSFIT 11:15 - 12:15	OPEN 11:15 - 12:15	CROSSFIT 12:30 - 13:30
OPEN 11:15 - 12:15	OPEN 12:30 - 13:30	OPEN 11:15 - 12:15	HYROX 365 12:30 - 13:30	OPEN 12:30 - 13:30
CROSSFIT 12:30 - 13:30	CROSSFIT 14:30 - 15:30	CROSSFIT 12:30 - 13:30	CROSSFIT 14:30 - 15:30	CROSSFIT 14:30 - 15:30
OPEN 12:30 - 13:30	OPEN 14:30 - 15:30	OPEN 12:30 - 13:30	OPEN 14:30 - 15:30	OPEN 14:30 - 15:30
HYROX 365 14:30 - 15:30	CROSSFIT 15:45 - 16:45	CROSSFIT 14:30 - 15:30	HYROX 365 15:45 - 16:45	CROSSFIT 15:45 - 16:45
OPEN 15:45 - 16:45	OPEN 15:45 - 16:45	OPEN 14:30 - 15:30	CROSSFIT 17:00 - 18:00	OPEN 15:45 - 16:45

ENTRENAMIE... 15:45 - 16:45	CROSSFIT 17:00 - 18:00	CROSSFIT 15:45 - 16:45	OPEN 17:00 - 18:00	OPEN 17:00 - 18:00
CROSSFIT 17:00 - 18:00	OPEN 17:00 - 18:00	OPEN 15:45 - 16:45	CROSSFIT 18:15 - 19:15	CORE & HYROX 17:00 - 18:00
OPEN 17:00 - 18:00	CROSSFIT 18:15 - 19:15	HYROX 365 17:00 - 18:00	OPEN 18:15 - 19:15	CROSSFIT 18:15 - 19:15
CROSSFIT 18:15 - 19:15	OPEN 18:15 - 19:15	CROSSFIT 18:15 - 19:15	CROSSFIT 19:30 - 20:30	OPEN 18:15 - 19:15
OPEN 18:15 - 19:15	HYROX 365 19:30 - 20:30	OPEN 18:15 - 19:15	OPEN 19:30 - 20:30	OPEN 19:30 - 20:30
CROSSFIT 19:30 - 20:30	CROSSFIT 20:45 - 21:45	CROSSFIT 19:30 - 20:30	OPEN 20:45 - 21:45	HYROX 365 19:30 - 20:30

OPEN 19:30 - 20:30	OPEN 20:45 - 21:45	OPEN 19:30 - 20:30	CORE & HYROX 20:45 - 21:45	CROSSFIT 20:45 - 21:45
CROSSFIT 20:45 - 21:45		CROSSFIT 20:45 - 21:45		OPEN 20:45 - 21:45
OPEN 20:45 - 21:45		OPEN 20:45 - 21:45		