

HORA	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO			DOMINGO
	Sala A	Sala B	Exterior	Sala A	Sala B	Sala A	Sala B	Exterior	Sala A	Sala B	Sala A	Sala B	Sala A	Sala B	Exterior				
8:00	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work							
9:00																			
10:00	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work							
11:00													CrossFit	1 vez al mes Surprise work	CrossFit Endurance				
12:00	CrossFit Football	Extra Work		Iniciación CrossFit	Extra Work	CrossFit Football	Extra Work		Iniciación CrossFit	Extra Work	CrossFit Football	Extra Work	Iniciación Kettlebell	Extra Work					
13:00													CrossFit	Extra Work					
14:00	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work							
15:00																			
16:00	Iniciación CrossFit	Extra Work		CrossFit	Extra Work	Iniciación CrossFit	Extra Work		CrossFit	Extra Work	Iniciación CrossFit	Extra Work							
17:00	CrossFit	Extra Work		Iniciación CrossFit	Extra Work	CrossFit	Extra Work		Iniciación CrossFit	Extra Work	CrossFit	Extra Work							
18:00	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work		CrossFit	Extra Work	CrossFit	Extra Work	CrossFit	Extra Work					
19:00	Skills CrossFit	Extra Work	Crossfit Endurance	Crossfit	Extra Work	Skills CrossFit	Extra Work	Crossfit Endurance	Crossfit	Extra Work	Skills CrossFit	Extra Work	CrossFit	Extra Work					
20:00	CrossFit	Extra Work		Iniciación Weightlifting	Extra Work	CrossFit	Extra Work		Iniciación Weightlifting	Extra Work	CrossFit	Extra Work							
21:00	Iniciación CrossFit	Extra Work		CrossFit	Extra Work	Iniciación CrossFit	Extra Work		CrossFit	Extra Work									

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