

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<b>06:30-07:30</b>	CROSSFIT	CROSSFIT	OPEN BOX	CROSSFIT			
	OPEN BOX	OPEN BOX	CORE - ENDUR...	OPEN BOX			
<b>07:45-08:45</b>	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			
	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
<b>09:00-10:00</b>	CROSSFIT	CROSSFIT	CROSSFIT	OPEN BOX		CROSSFIT	
	OPEN BOX	OPEN BOX	OPEN BOX	CORE - ENDUR...		OPEN BOX	
<b>10:00-11:00</b>	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			

CONTINUA EN...

CONTINUA EN...

10:15-11:15

CROSSFIT

OPEN BOX

11:00-12:00

CROSSFIT

OPEN BOX

CROSSFIT

CROSSFIT

OPEN BOX

CORE - ENDUR...

OPEN BOX

OPEN BOX

11:15-12:15

OPEN BOX

12:15-13:15

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

OPEN BOX

OPEN BOX

OPEN BOX

OPEN BOX

OPEN BOX

12:30-13:30

<b>13:15-14:15</b>	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
<b>14:15-15:15</b>	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
<b>15:15-15:45</b>	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
<b>15:45-16:45</b>	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
<b>15:50-16:50</b>	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
<b>17:00-18:00</b>	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
<b>18:15-19:15</b>				

<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>
<b>OPEN BOX</b>	<b>OPEN BOX</b>	<b>OPEN BOX</b>	<b>OPEN BOX</b>

**19:30-20:30**

<b>CROSSFIT</b>	<b>OPEN BOX</b>	<b>HALTEROFILIA...</b>	<b>CROSSFIT</b>
<b>OPEN BOX</b>	<b>CORE - ENDUR...</b>	<b>OPEN BOX</b>	<b>OPEN BOX</b>

**20:45-21:45**

<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>OPEN BOX</b>
<b>OPEN BOX</b>	<b>OPEN BOX</b>	<b>OPEN BOX</b>	<b>CORE - ENDUR...</b>