



HORARIO DE CLASES

HORARIO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
7:15h a 08:15h	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
8:30h a 09:30h	CrossFit	CrossFit	WeightLifting	CrossFit	Endurance	9 a 14:00
09:30h a 10:30h	CrossFit	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	HERO WOD
10:30h a 11:30h	Open Box	Open Box	Mobility	Gymnastics	CrossFit Open Box	
11:00h a 13:30h	Open Box	Open Box	Open Box	Open Box	Open Box	
13:30h a 14:30h	CrossFit Open Box	WeightLifting	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CIERRE
14:30h a 15:30h	CrossFit Open Box	Open Box	CrossFit	Open Box	CrossFit Open Box	
15:30h a 16:30h	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	
16:30h a 17:30h	Endurance	CrossFit Open Box	CrossFit Open Box	CrossFit	CrossFit Open Box	
17:30h a 18:30h	CrossFit CF Teens	CrossFit CF Teens	CrossFit CF Teens	CrossFit CF Teens	CrossFit Gimnastic	
18:30h a 19:30h	CrossFit Weight	CrossFit	CrossFit Endurance	CrossFit Mobility	CrossFit Weight	
19:30h a 20:30h	CrossFit Gimnastic	CrossFit Mobility	CrossFit Weight	CrossFit Strong	CrossFit Open Box	
20:30h a 21:30h	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CrossFit Open Box	CIERRE 21:00 H	
21:30h a 22:00h	CIERRE	CIERRE	CIERRE	CIERRE		

