

	Lun 🇺🇸	Mar 🇺🇸	Mié 🇺🇸	Jue 🇺🇸	Vie 🇺🇸	Sáb 🇺🇸
09:00	CROSSFIT P 1-5	OLYMPIC LIFT	CROSSFIT FOOTBALL	CROSSFIT	CROSSFIT FOOTBALL	FOUNDATION OPEN BOX
10:00	CROSSFIT FOOTBALL	CROSSFIT	CROSSFIT	CROSSFIT FOOTBALL	CROSSFIT	OLYMPIC LIFT
11:00	CROSSFIT	CROSSFIT FOOTBALL	CROSSFIT 7-5	OPEN BOX	CROSSFIT	CROSSFIT
12:00	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	CROSSFIT FOOTBALL
13:00						SKILL / OPEN BOX
14:30	CROSSFIT		CROSSFIT			
17:00	CROSSFIT FOOTBALL	CROSSFIT	CROSSFIT FOOTBALL	OLYMPIC LIFT	CROSSFIT FOOTBALL	
18:00	CROSSFIT	CROSSFIT FOOTBALL FOUNDATION	CROSSFIT	CROSSFIT FOOTBALL FOUNDATION	CROSSFIT	
19:00	CROSSFIT	CF ENDURANCE CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
20:00	CROSSFIT FOOTBALL FOUNDATION	OLYMPIC LIFT	CROSSFIT FOOTBALL FOUNDATION	CROSSFIT FOOTBALL	FOUNDATION	
21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	