

	Lun	Mar	Mié	Jue	Vie	Sáb
09:00	CROSSFIT	OLYMPIC LIFT	CROSSFIT ADVANCED	CROSSFIT	CROSSFIT ADVANCED	FOUNDATION
	OPEN WOD	OPEN WOD	OPEN WOD	OPEN WOD	OPEN WOD	OPEN BOX
10:00	CROSSFIT ADVANCED	CROSSFIT	CROSSFIT	CROSSFIT ADVANCED	CROSSFIT	OLYMPIC LIFT
11:00	CROSSFIT	CROSSFIT ADVANCED	CROSSFIT	OPEN BOX	CROSSFIT	CROSSFIT
	OPEN WOD	OPEN WOD	OPEN WOD		OPEN WOD	
12:00	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	CROSSFIT ADVANCED
13:00						SKILL / OPEN BOX
14:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
16:00					CROSSFIT	
17:00	CROSSFIT ADVANCED	CROSSFIT	CROSSFIT ADVANCED	OLYMPIC LIFT	CROSSFIT ADVANCED	
18:00	CROSSFIT	CROSSFIT ADVANCED	CROSSFIT	CROSSFIT ADVANCED	CROSSFIT	
19:00	CROSSFIT	CF ENDURANCE	CROSSFIT	CROSSFIT	CROSSFIT	
20:00	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	
	OPEN WOD	OPEN WOD	OPEN WOD	OPEN WOD	OPEN WOD	
21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
	OPEN WOD	OPEN WOD	OPEN WOD	OPEN WOD		