

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADOS
7:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	
8:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	
9:00	CrossFit	Olympic Lift	CrossFit	CrossFit	CrossFit	Foundation
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD
10:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Olympic Lift
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD
11:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD
12:00	CrossFit	Foundation	CrossFit	Foundation	CrossFit	CrossFit
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD
13:00						Open Box
14:30	CrossFit	CrossFit	CrossFit	CrossFit		
	Open WOD	Open WOD	Open WOD	Open WOD		
16:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	
17:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	
18:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	Open WOD	Open WOD	Open WOD	Open WOD	Open WOD	
19:00	CrossFit	CF Endurance	CrossFit	CrossFit	CrossFit	
	Olympic Lift	Open WOD	Olympic Lift	Open WOD	Hybrid CF	
	Open WOD		Open WOD	Mobility	Open WOD	
20:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	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		