

|       | 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      | Weightlifting | CrossFit      | CrossFit      | CrossFit      | Foundation                  |
|       | Open WOD      | Open WOD      | Open WOD      | Open WOD      | Open WOD      | Open WOD                    |
| 10:00 | CrossFit      | CrossFit      | CrossFit      | CrossFit      | CrossFit      | Weightlifting<br>Gymnastics |
|       | 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      | Powerbuilding |                             |
|       | Open WOD      | 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      |                             |
|       |               |               |               | Gymnastics L1 |               |                             |
| 19:00 | CrossFit      | CF Endurance  | CrossFit      | CrossFit      | Hybrid CF     |                             |
|       | Weightlifting | Open WOD      | Weightlifting | Open WOD      | Open WOD      |                             |
|       | Open WOD      |               | Open WOD      | Gymnastics L2 |               |                             |
|       | Yoga + Core   |               | Yoga + Core   |               |               |                             |
| 20:00 | CrossFit      | CrossFit      | CrossFit      | CrossFit      | CrossFit      |                             |
|       | Open WOD      | Open WOD      | Open WOD      | Open WOD      | Open WOD      |                             |
| 21:00 | CrossFit      | CrossFit      | CrossFit      | CrossFit      |               |                             |
|       | Open WOD      | Open WOD      | Open WOD      | Open WOD      |               |                             |