

HORARIO VERSUS CROSSFIT

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADOS
7:00-8:00	CROSSFIT	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	
8:00-9:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	HYROX	
9:00-10:00	CROSSFIT	WEIGHTLIFTING	CROSSFIT	CROSSFIT	CROSSFIT	OPEN
10:00-11:00	CROSSFIT	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	WEIGHTLIFTING GYMNASTICS
11:00-12:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	HYROX	CROSSFIT
12:00-13:00	CROSSFIT	OPEN	CROSSFIT	OPEN	CROSSFIT	CROSSFIT
13:00-14:00						OPEN
14:30-15:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	HYROX	
16:00-17:00	CROSSFIT	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	
17:00-18:00	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	CROSSFIT	
	CROSSFIT	CROSSFIT	CROSSFIT			
18:00-19:00	HYROX	HYROX	HYROX	CROSSFIT	CROSSFIT	
	CROSSFIT	CROSSFIT	CROSSFIT			
19:00-20:00	WEIGHTLIFTING	HYROX	WEIGHTLIFTING	CROSSFIT	HYBRID	
	CROSSFIT	CROSSFIT	CROSSFIT			
	YOGA		YOGA			
20:00-21:00	HYROX	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	
	CROSSFIT		CROSSFIT			
21:00-22:00	CROSSFIT	CROSSFIT	CROSSFIT	HYROX		

**OPEN WOD DISPONIBLE DURANTE TODAS LAS HORAS DEL DIA
SÁBADOS A LAS 13:00 OPEN GRATUITO EN TODAS LAS TARIFAS**