

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
8:00	ENDURANCE	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT		
9:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
10:00	ENDURANCE	GAP EXTREMO	GYMNASTICS	WEIGHTLIFTING	POWERBUILDING	CROSSFIT	
11:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	OPEN BOX	
12:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
12:30						OPEN BOX	
13:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
14:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
16:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		
17:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
	CROSSFIT KIDS		CROSSFIT KIDS				
17:30	ENDURANCE	GAP EXTREMO		GAP EXTREMO			
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
	CROSSFIT KIDS	WEIGHTLIFTING	CROSSFIT KIDS	WEIGHTLIFTING	CROSSFIT KIDS		
18:30	ENDURANCE	POWERBUILDING	ENDURANCE	POWERBUILDING			
19:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
	CF SALA ARRIBA		CF SALA ARRIBA		GYMNASTICS		
19:30	ENDURANCE	WEIGHTLIFTING	ENDURANCE	WEIGHTLIFTING			
		GAP EXTREMO		GAP EXTREMO			
20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
	POWERBUILDING				WEIGHTLIFTING		
20:30		POWERBUILDING	ENDURANCE	POWERBUILDING			
21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			