

	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo
07:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
08:00	Open Box	Open Box	Open Box	Open Box	Open Box		
09:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
10:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	Especialidad		Especialidad		Especialidad		
11:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Open Box	
						C. HALTEROFILIA	
12:00	Open Box	Open Box	Open Box	Open Box	Open Box	Open Box	
12:30						C. HALTEROFILIA	
13:00	Open Box		Open Box		Open Box		
13:30		CrossFit		CrossFit			
14:00	CrossFit		CrossFit		CrossFit		
14:30		CrossFit		CrossFit			
15:00	Open Box		Open Box		Open Box		
16:00	Open Box	Open Box	Open Box	Open Box	Open Box		
17:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
17:30		C. HALTEROFILIA		C. HALTEROFILIA			
18:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
						Open Box	
18:30	Especialidad		Especialidad				
19:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
		C. HALTEROFILIA		C. HALTEROFILIA	Especialidad		
19:30	Especialidad	Powerbuilding	Especialidad	Powerbuilding			
20:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
					Weightlifting		
21:00	CrossFit	CrossFit	CrossFit	CrossFit			