



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY
7:00	HYROX	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	
	OPEN	OPEN	OPEN	OPEN	HYROX	
					OPEN	
8:00	CROSSFIT	HYROX	CROSSFIT	HYROX	CROSSFIT	OPEN
	OPEN	OPEN	OPEN	OPEN	OPEN	
9:00	HYROX	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	CROSSFIT
	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:00	CROSSFIT	HYROX	CROSSFIT	HYROX	CROSSFIT	HYROX
	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
11:00						CROSSFIT
						OPEN
12:00						OPEN
13:00						
14:00						
14:30		OPEN	OPEN	OPEN	OPEN	
15:30		TEENS	CROSSFIT	TEENS	CROSSFIT	
		HYROX OPEN	OPEN	HYROX OPEN	OPEN	
		OPEN		OPEN		
16:30	HYROX	HYROX	CROSSFIT	CROSSFIT	CROSSFIT	
	CROSSFIT	CROSSFIT	OPEN	OPEN	OPEN	
	OPEN	OPEN				
17:30	HYROX	CROSSFIT	HYROX	HYROX	HYROX	
	CROSSFIT	GIMNÁSTICOS	CROSSFIT	CROSSFIT	CROSSFIT	
	OPEN	OPEN	OPEN	OPEN	OPEN	
18:30	CROSSFIT	HYROX	HYROX	HYROX	HYROX	
	OPEN	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
		OPEN	OPEN	OPEN	OPEN	
				GIMNÁSTICOS		
19:30	CROSSFIT	CROSSFIT	HYROX	CROSSFIT 60'	HYROX OPEN	
	OPEN	OPEN	CROSSFIT	OPEN	CROSSFIT	
		HALTEROFILIA	OPEN	HALTEROFILIA	OPEN	
		HYROX OPEN		HYROX OPEN		
20:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT 60'	
	OPEN	OPEN	OPEN	OPEN	OPEN	